HOLY CATSUIT, BATMAN!

RICHARD CROUSE PICKS THE MOST PURR-FECT VILLAIN OF THEM ALL PAGE 10

OTTAWA metro®

Wednesday, July 18, 2012

News worth sharing.

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Woman escapes forced prostitution

Gatineau. Suspect has been linked to street gangs

Gatineau police have arrested a 29-year-old man who allegedly held a woman hostage for nearly three weeks and forced her into prostitution.

The woman was able to escape and go to Gatineau police for help.

Gatineau police spokesman Pierre Lanthier said the woman did not know her captor.

The arrest was made Monday just before 5:30 p.m. in a Loblaws parking lot located at 1 Du Plateau Blvd.

Police then searched the suspect's apartment on Bruxelle's Road in Gatineau where Lanthier said several items were seized.

"We found clothes, papers and other items that will relate the victim to the suspect," Lanthier added.

Although the suspect is known to police and has been linked to Gatineau street gangs in the past, police say they are not convinced this incident is gang-related.

The suspect was scheduled to appear in Gatineau court on Tuesday.

Jean Mary Giscard Bain, 29 is charged with forcibly procuring someone into prostitution and uttering death threats.

JESSICA BEDDAOUI/FOR METRO

SCORCHED EARTH

Firefighters carry hoses back to their trucks after dousing a brush fire that broke out on Tuesday. Firefighters arrived quickly and put out the fire that broke out near Riverside Drive just south of Highway 417. Only about two acres burned, but the winds and dry conditions meant the blaze had potential to spread, said district fire Chief Dennis Dale. "If we hadn't have gotten to this in time, it would be moving down the street," he said. "There was a little luck involved." JESSICA SMITH/METRO

Toronto reeling after shooting

Mass shooting at block party leaves two dead and injures 21, including a 22-month-old toddler PAGE 4

Music fans: Hoedown tickets still get you in

Bowmanville-based Boots and Hearts festival — featuring Sheryl Crow — will accept tickets from now-defunct Capital Hoedown PAGE 3

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Hélène's mission gets boost from feds

Hélène Campbell embraces her grandmother Mary Campbell after a press conference Tuesday inside the Government Conference Centre in Ottawa. Federal Health Minister Leona Aglukkaq and MP Pierre Poilievre joined Campbell and her family to announce a $10-million commitment from the federal government to support the national transplant-research program to increase donations.

Speaking publicly for the first time in Ottawa since she got her new lungs in Toronto, Hélène Campbell, 21, told local media Tuesday that she feels "great," but her advocacy mission is not done. She said she has already started writing a book about her experience and wants to continue raising awareness about organ donation.

JOE LOFARO/METRO

Boots and Hearts rides to rescue

One-for-one offer. Got Hoedown tickets? Bowmanville-based Boots and Hearts festival says it will accept them

JESSICA SMITH
jessica.smith@metronews.ca

Organizers of the Boots and Hearts festival in Bowmanville, Ont., are offering free tickets to country-music fans with tickets to Ottawa's now-defunct Capital Hoedown.

"Our intention, our heart, is make sure they have an opportunity to see a show, experience it, when they weren't able to get their money back," said Shannon McNevan, executive director of Boots and Hearts' production company Republic Live.

The festival at the Canadian Tire Motorsport Park in Bowmanville runs Aug. 10 to 12 — the same days Capital Hoedown was scheduled. The lineup includes Tim McGraw, Kid Rock, Carrie Underwood and Lionel Richie — as well as Sheryl Crow and Terri Clark, who had been scheduled to perform at Capital Hoedown.

"It's pretty beautiful and it's 750 acres, so we have wide arms to welcome people," said McNevan.

The ticket exchange will not prohibit ticket holders from trying to get their money back, said McNevan.

Follow Jessica Smith on Twitter @jessiecatherine

How to participate

To take part in the swap, go to bootsandhearts.com/ticket-exchange.

- Boots and Hearts is charging a $10 processing free, but will not be collecting any other money as part of the exchange.

Massage helps pets cool off during heat wave

The strangest animal Sandy Benoit has given a massage to has got to be a colourful macaw parrot that just wouldn't sit still.

Add to that her work on a bearded dragon, horses, rabbits, cats and dogs (of course) and you've got a good idea what it's like working as an animal massage therapist.

Laden with fur or feathers, our pets are having an even harder time with the heat than we are, and Benoit says a soothing massage can help them relax and cool off.

"Just by putting your hand under his paw, you can feel the heat," said Benoit, holding the paw of her seeing-eye dog Mr. O, a black Labrador retriever.

"I like to apply a cold bandana, and just by stroking the animal they begin cooling down. Then I'll work on their cranium."

Moving from their head down through the spine, Benoit said she works through the central nervous system, massaging the entire body to promote healing at her business Canine Touch & Tell in the west end.

"It's amazing what it can do," Benoit said of animal massage therapy.

"It increases circulation, combats arthritis, hip dysplasia, rids older dogs of lactic-acid buildup and can help heal sports dogs that are always on the go."

GRAHAM LANKTREE/METRO

For more local news visit metronews.ca

Sandy Benoit of Canine Touch & Tell gives her seeing-eye dog Mr. O a massage.

GRAHAM LANKTREE/METRO

1 NEWS

On the web

Make your mark with the moonwalk

Think you've got Michael Jackson's moves? Here's your chance to prove it, says music legend Berry Gordy, who will bring Motown's most influential singers to Broadway. Go to metronews.ca to read more about the making of the musical.

Mobile news

Who needs the fire brigade when all you really require these days is a neighbour with arms of steel. Scan the code to see how a heroic man rescued a girl who fell from her third-floor apartment.

Again! Another brazen mass shooting shocks T.O.

Two dead, 21 sent to hospital. Horror comes to a crowded block party just weeks after Eaton Centre shooting left the city reeling

Neighbours watch as police investigate at the shooting scene Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

A mass shooting left Canada's biggest city in shock Tuesday.

The searing hail of bullets at a Toronto neighbourhood block party killed two people and sent 21 others to hospital, including a 22-month-old toddler.

One of the two people killed was identified as 14-year-old Shyanne Charles of Toronto.

Police say it's the worst gun violence in the city's recent history — and they believe it was gang related.

More grimly, they suspect deadly retaliation to take place and were sending reinforcements to the racially diverse area Tuesday.

More than 200 people were at the barbecue party in the city's east end Monday night when gunmen sprayed the crowd with bullets.

Tears shone in one man's eyes as he said: "I saw people running, I heard 'crack, crack' and I hit the ground.

"It was like a Quentin Tarantino movie."

Mayor Rob Ford called it a "horrible tragedy" but added: "I know this is the safest city in the world. I've always said that, I truly believe it."

Police Chief Bill Blair said police have received "some co-operation" from witnesses, and called on all community members who attended the party to help with the investigation.

Messages of grief quickly appeared on social media.

"The hood gained another angel to look over us, RIP," one person wrote on Twitter.

THE CANADIAN PRESS

Shyanne Charles was shot dead. She was just 14. TORSTAR NEWS SERVICE

Activists angered. Scout leaders in U.S. refuse to drop ban on gays

After a confidential two-year review, the Boy Scouts of America on Tuesday emphatically reaffirmed its policy of excluding gays.

The Scouts cited support from parents as a key reason for keeping the policy and expressed hope the prolonged debate over it might subside.

Bitter reactions from gay-rights activists suggested that was unlikely.

The Scouts' national spokesperson, Deron Smith, said an 11-member special committee decided the exclusion policy "is absolutely the best policy" for the 112-year-old organization.

The Scouts' chief executive, Bob Mazzuca, contended most Scout families support the policy, which applies to both adult leaders and Scouts.

But the president of the largest U.S. gay-rights group, Chad Griffin of the Human Rights Campaign, called the Scouts' decision "a missed opportunity of colossal proportions."

"With the country moving toward inclusion, the leaders of the Boy Scouts of America have instead sent a message to young people that only some of them are valued," he said.

"They've chosen to teach division and intolerance."

One ongoing protest campaign involves Jennifer Tyrrell, the Ohio mother of a seven-year-old Cub Scout who was ousted as a den mother because she is lesbian.

A report says more than 300,000 people have signed a petition urging the Scouts to reinstate Tyrrell.

THE ASSOCIATED PRESS

Jennifer Tyrrell, with son Cruz, was ousted as a Cub Scout den mother because she's gay. THE ASSOCIATED PRESS

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Mino Mart: 1157 Wellington St
City Mobile: TNT Supermarket 224 Hunt Club Rd, Unit B
Hasty Market: 1565 Alta Vista Dr

Border agents outraged by bomb-threat claim

Ambassador Bridge closed. Firm that owns it implies anger over job cuts was to blame

Allegations that disgruntled Canadian border agents may have been behind a bogus bomb threat have outraged their union.

The bomb threat forced Canadian and U.S. authorities to close the Ambassador Bridge for several hours.

But the allegations are "baseless," union leaders said Tuesday.

The bomb threat, the second in recent days, was called in around 7:20 p.m. Monday to authorities on the U.S. side of the bridge that links Detroit with Windsor.

In a news release, the Detroit International Bridge Company, which owns the Ambassador Bridge, said it suspected the bomb threat had "something to do" with announced job cuts at Canada Border Services Agency.

"We cannot confirm, but suspect, that this has something to do with Canada's disinvestment at the border by cutting back on customs agents," said the statement.

Jason McMichael, vice-president of the Customs and Immigration Union, said he was outraged at the allegations.

"Certainly they were completely baseless, completely without merit and the members that I represent who work for the Canada Border Services Agency all across the country were insulted by them," he said from Ottawa.

THE CANADIAN PRESS

Suicide in Ottawa

Appeal court says no to ex-nurse

A Minnesota appeal court has upheld the conviction of a former U.S. nurse who gave a young Canadian woman and a British man instructions on how to kill themselves.

The woman was 18-year-old university student Nadia Kajouji, of Brampton, Ont., who jumped into a frozen Ottawa river in 2008.

William Melchert-Dinkel, 49, of Faribault, scanned online chat rooms for suicidal people, the evidence shows.

He has argued he merely exercised his right to free speech.

Melchert-Dinkel was convicted last year of two counts of aiding suicide. He was sentenced to more than six years in prison but the terms of his parole meant he would only be imprisoned for about a year. THE ASSOCIATED PRESS

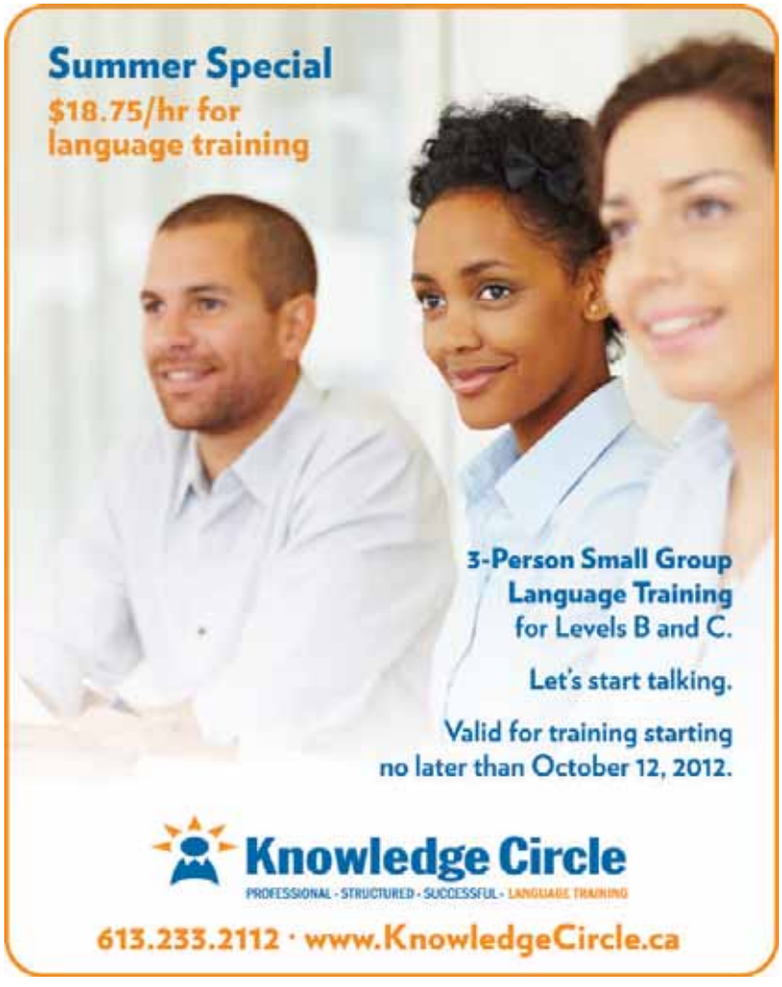
'Powder' in envelope

Magnotta mail sparks shutdown

An envelope addressed to murder suspect Luka Rocco Magnotta caused a major shutdown at a bustling Canada Post sorting centre in Montreal.

A union local official said police found a white powdery substance inside the envelope.

THE CANADIAN PRESS



Canadian credit card users may face higher costs

Extra fees. Canadian retailers currently absorbing transaction charges when customers use their Visa or MasterCard

Canadian shoppers who use credit cards may soon find themselves slapped with extra fees, if retailers win a fight against being stuck with transaction charges from Visa and MasterCard.

Retail organizations renewed their calls Tuesday for Ottawa to loosen credit card regulations following a landmark ruling south of the border that could have implications for a case that will be decided by a federal tribunal later this year.

Last week, a landmark settlement in the United States between Visa, MasterCard and merchants thrust the debate back into the spotlight in Canada.

The two credit card companies, as well as several major banks, reached an agreement to pay U.S. retailers at least $6 billion US to settle a long-running lawsuit that alleged the card issuers conspired to fix the fees that stores pay to accept credit cards.

The Canadian Federation of Independent Business (CFIB), which has more than 100,000 member businesses across Canada, is calling for changes to the federally regulated code of conduct that would allow retailers more rights, including the ability to make credit card users pay a surcharge or refuse credit cards at their stores.

The CFIB wants merchants to have the ability to add surcharges on credit card users that would counteract the transaction fees charged by some credit card companies

Competition Bureau

- The Competition Bureau argues that restrictive contracts by Visa and MasterCard allow the two credit card companies — which represent 92 per cent of the market — to essentially dictate terms to merchants.
- The tribunal has the power to force credit card companies to change their operations, but it cannot levy a monetary penalty in the case. A decision is expected later this year.

Currently Visa and MasterCard rules state that merchants cannot levy any surcharges on credit card users, forcing retailers to absorb the cost of usage themselves.

THE CANADIAN PRESS

Taking on big pharma with little mice

Michel Vandenbosch, head of the animal-rights group Gaia, displays some fake mice as he stages a protest in front of a local branch of the international pharmaceutical company Ipsen, in Merelbeke, Belgium, on Tuesday. Protesters are demanding that Ipsen stop using mice for testing its Botox brand. YVES LOGGHE/THE ASSOCIATED PRESS

Tech trends

Thinner screen for next iPhone?

A published report says the new iPhone will have a thinner screen, which could leave more room for a larger battery. The Wall Street Journal reports that the new iPhone will have a screen that can sense touches without the need for a separate, touch-sensitive layer. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.76¢ US (+0.21¢)

TSX 11,571.19 (+50.02)

OIL $89.22 US (-79¢)

GOLD $1,589.50 US (-$2.10)

Natural gas: $2.796 US (-1¢)
Dow Jones: 12,805.54 (+78.33)

Debt. Higher interest rate would be trouble for many Canadians: Survey

Canadians who are worried about the amount of interest they pay for borrowing money could be relieved to hear the central bank decided Tuesday to keep its benchmark rate at a relatively low level of one per cent until at least the fall.

But a recent survey, which found a significant interest rate hike would pose a challenge to nearly half of those polled, highlights the need for better financial literacy.

"Canadians need to take control of their financial situations," said Nicholas Cheung of the Canadian Institute of Chartered Accountants, which sponsored the poll.

"They need to make decisions in their own best interests, and by taking this control they will be stronger financially."

Of the 1,000 Canadians randomly sampled by Harris Decima via telephone, 48 per cent of them said a significant interest rake hike would make it difficult for them to keep up with mortgage or debt payments.

The study came out as the Bank of Canada announced Tuesday that it will keep its key interest rates low at least until the next policy meeting in September.

The survey, commissioned by the CICA, found that roughly 60 per cent of those surveyed save less than 10 per cent of their monthly income. WTHE CANADIAN PRESS

By the numbers

48%

48 per cent of the 1,000 Canadians sampled for the CICA survey said a significant rate hike would make it difficult for them to keep up with payments.

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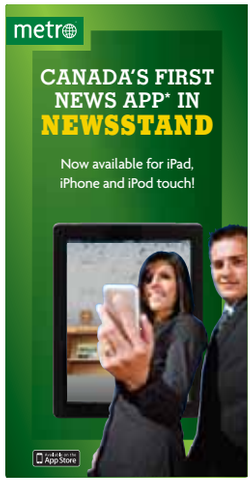

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SPAM — ONE OF THE WORLD'S WONDERS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Let the bells ring out! Let the banners fly!

It's the 75th anniversary of Spam, the canned lunch meat that tastes like dog food. (Quickly, lest the Hormel people get offended, we're talking high-quality dog food.)

Back in the dietary Dark Ages, I literally grew up on the stuff and its legion of imitators (Spork, etc.). The gelatinous goop that came with it made me gag, but vapourized nicely when the Spam was fried, and fried Spam and fried eggs with fried potatoes was a common staple, along with anything else that could be fried.

Too often around our house, it resembled that legendary Monty Python sketch set at the Green Midget Café, where all the dishes came with Spam (e.g. Spam, Spam, Spam, Spam, egg and Spam), prompting an outraged customer to ask: "Don't you have anything without Spam in it?" while a band of Vikings belted out a rousing chorus of "Spam! Spam! Spam! Wonderful Spam!"

Made from ...

"Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham."

Not sure how the Vikings ended up in a sketch about Spam.... Oh, those Monty Python guys.

If you have a tender tummy, you might want to skip over this next bit. Spam now comes in 13 varieties, including jalapeno, cheese, hickory smoke and, for a limited time (to celebrate the Broadway opening of Spamalot), golden honey grail and stinky French garlic.

Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham. It was launched to a hungry, Depression-rattled nation on July 5, 1937, and since then more cans of Spam have been sold than there are people on Earth. That's a lot, more than seven billion and counting. If you slice it thin, you can feed a horde of Vikings on a single can, which retails for an average price of $2.97. Just add Kraft Dinner, spread ketchup over the whole thing and bon appétit!

While fastidious vegan locavores may turn up their noses, people in Guam can't get enough Spam, consuming more than 16 cans per person per year, according to that estimable journal of record, Time magazine. Sadly, 60 per cent of deaths in Guam are directly attributable to poor diet and lifestyle. Score one for fastidious vegan locavores.

For those who can't get enough of this stuff, there's the annual Spam Jam in Honolulu, another Spam hotspot. The 10th annual edition was held on April 28, where aficionados chowed down on Spam-fried rice loco moco or Spam nachos at Jimmy Buffett's.

Hey, it's a lifestyle. Just not a long one.

Spam, the often-maligned classic canned lunch meat, fits deliciously into frugal grocery budgets. DAVID MCNEW/GETTY IMAGES

Come on, just grin and bear it

STEVE MORGAN/GREENPEACE

Environment campaign

'Polar bear' arrest at U.K. gas station

This "polar bear" activist got a frosty reception from police after Greenpeace targeted Shell gas stations in Edinburgh and London.

Campaigners believe the Arctic ecosystem is being threatened by oil exploration. Greenpeace said it used an emergency shut-off switch to stop gas to the pumps at one station in Scotland.

METRO

One side says ...

"An oil spill in the Arctic would be catastrophic for wildlife such as walruses and whales. The Arctic must be saved and made a global sanctuary where oil drilling is banned."
Sara Ayech, climate and oil campaigner at Greenpeace

The other side says ...

"Shell recognizes that certain organizations are opposed to our exploration program Offshore Alaska and we respect the right of individuals and organizations to engage in a free and frank exchange of views about our operations."
Spokesperson for Shell

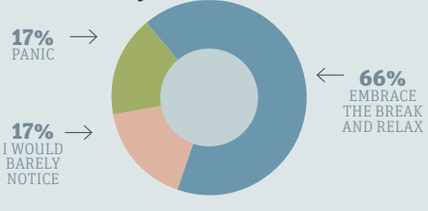
Arctic's arsenal

- **Hunting for oil.** Shell is due to begin drilling at two offshore sites in the Alaskan Arctic in the coming weeks. Russian oil giant Gazprom is also venturing into the Arctic this year.
- **Untapped resources.** The Arctic holds 13 per cent of Earth's undiscovered oil reserves and 30 per cent of its undiscovered natural gas, the U.S. Geological Survey says.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do if your Internet went down for the day?



Twitter

@kyrapops: @ChineZeHouZe didn't save me a burger.....

@LauraGurnham: come on weather! I want a good #thunderstorm!

@Mom2TandT: Watching storm roll in over Riverside South in Ottawa #onstorm

@little_tonya: Major dark clouds approaching from the West. Looking a big storm approaching at Heron and Riverside. @BlacksWeather

@RealJMitchy: Ottawa you lying piece of s--t, show me this severe thunderstorm. #hottawa

@shaunon4life: feeling like dancing in a thunderstorm.. All thats missing is the storm.. Hurry up rain.

metro
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2

SCENE

Scene in brief

Simpsons coming to Springfield?

A businessman in Springfield, Ore., says it's time for the city to embrace its most famous fictional residents and create a shopping district with a Simpsons theme. Jack Koehler owns Sweety's Frozen Yogurt, and he says business has been up since he put a set of Simpson statues in front of his store. He thinks the city should get involved, and he's proposing that a few blocks of downtown Springfield be turned into a Simpsons-themed shopping district. The city's community relations manager, Niel Laudati, tells KVAL there's no demand from the public, and he doubts anyone wants to spend tax dollars to license cartoon characters.
THE ASSOCIATED PRESS

On the web

Post-divorce, hope grows for a renewed film career for Katie Holmes

Bane is back, recast, reimagined and finally living up to all the hype. HANDOUT/WARNER BROTHERS

The best and worst of Batman

Dark Knight on the rise. It hasn't always been box office brilliance as Metro looks at the Caped Crusader's past

IN FOCUS
Richard Crouse
scene@metronews.ca

Ivy proved to be onscreen poison. HANDOUT/WARNER BROTHERS

The Joker became nothing more than a bad joke over time.
HANDOUT/ABC

On the web

Who was the best Batman and what did Anne Hathaway do to prepare for her role as Catwoman? Metro delved into the world of the Caped Crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.

Sometimes even villains get a second chance. The Dark Knight Rises, the last entry in Christopher Nolan's epic Batman trilogy, digs deep into Caped Crusader lore to reintroduce brawny bad guy Bane.

The abnormally strong antihero first appeared in the comics in 1993 but after a ridiculous appearance in Batman & Robin earned the title as the worst onscreen Batman baddie. As a scrawny convict pumped up by a drug known as Venom, he did little except growl and act as the punch line for a bad joke by his creator Dr. Jason Woodrue. "I call this little number Bane," he says. "Bane of humanity!"

The movie killed the Batman franchise for seven years, and it looked like Bane, played by wrestler Jeep Swenson — Holy haberdashery, Batman who chose his bad lucha libre mask? — would also be relegated to the big scoundrel cemetery in the Sky.

Then Nolan cast Tom Hardy, got rid of the ridiculous mask and gave the brute a second chance. So Bane is back and super-evil, but how do other Batman big-screen baddies stack up on the Bat-scale of finest to vilest?

The Bat's Best

Cesar Romero and Jack Nicholson both played The Joker, Batman's arch nemesis, but Heath Ledger's Oscar-winning take on the psychotic clown in The Dark Knight is the most menacingly memorable.

Burgess Meredith made The Penguin's trademark squawking voice popular, but it was Danny DeVito in Batman Returns who really showed what a megalomaniacal monster he really was.

"You're just jealous because I'm a genuine freak and you have to wear a mask," he said. Batman has battled plenty of female foes but feline fiend Catwoman is the pick of the litter. Whether it's Lee Meriwether meowing, "You're going to see the purr-fect crime, when I get Batman in my claws," or Michelle Pfeiffer wielding a 12-foot bullwhip, the creepy kitty is fun enough for nine lifetimes.

The Winged-One's Worst:

Too many one-liners from Two-Face in Batman Forever left critics unable to turn the other cheek after Tommy Lee Jones's over-the-top performance.

As played by Uma Thurman in Batman & Robin botanist-turned-eco-terrorist Poison Ivy proved that not even Mother Nature gets it right every time.

If for no other reason than the joke "Ice to see you!" Batman & Robin's cold-blooded killer Mr. Freeze (Arnold Schwarzenegger) makes the worst-of list. The Governator should've been sent to the cooler for his line-readings in this one.

Katie Holmes. ALL IMAGES GETTY PHOTOS

Katie Holmes in another car accident

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur.

For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail.

Holmes and daughter Suri were leaving Suri's gymnastics class when their chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

No one was injured and a police report was filed once Holmes and daughter were home.

A few days earlier, a paparazzi vehicle hit the Mercedes while it was taking them home from a toy store.

Russell Brand

Russell Brand moving on from Katy Perry

Russell Brand is clearly moving on from soon-to-be ex-wife Katy Perry and is reportedly dating Isabella Brewster, a former talent agent and the younger sister of Dallas star Jordana Brewster, according to Us Weekly.

"It's been going on for a few weeks. He really likes her," a source says. "She's cute. She is all over him and Russell loves it."

Brewster previously dated Bradley Cooper and Heroes star Milo Ventimiglia.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Silverman saving Obama through sexual favours?

THE WORD
Monica Weymouth
scene@metronews.ca

Plenty of celebrities are hosting fundraising events for the Obama campaign, from Sarah Jessica Parker's swanky A-list party at her New York City apartment to Gwen Stefani's upcoming family picnic in Los Angeles. But only Sarah Silverman has offered sexual favours in exchange for campaign contributions.

In a short video titled An Indecent Proposal, Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade billionaire casino magnate Sheldon Adelson to cancel his $100 million check to Mitt Romney.

"If you give that $100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says.

"You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Sheen making big promises

Charlie Sheen is looking to do some good, vowing to donate one per cent of his profits from his new show, Anger Management, to the USO, a nonprofit that helps members of the U.S. military, according to Hollyscoop.

Sheen has declared he will donate a guaranteed $1 million, with no upper limit to what he'll donate should profits increase.

Charlie Sheen

The initial million marks the highest donation made to the organization from an individual.

Twitter

@MileyCyrus
How is it legal for men I've never seen before to sit in front of my house and then follow me around! So shady and scary

@YO_RANDYJACKSON
Who in their right mind buys gold shoes...

@ElizabethBanks
I cannot get enough of the Nestle Crunch Girl Scout Candy Bars!

@SteveMartinToGo
I'll be coming out as gay to promote my next bluegrass album but will return to straight after tour is over.

Miley Cyrus

Miley Cyrus' brother taken to hospital

Miley Cyrus' younger brother, Braison Cyrus, was rushed to the hospital when he started spitting up blood because of complications from a surgery.

"I got my tonsils out last week," Braison explained to his fans via Twitter. "Not sure what happened exactly but long story short my artery opened and I was (bleeding) a lot. All good now."

Braison's dad, Billy Ray Cyrus, thanked the hospital staff for helping — but not for posting a gruesome photo of his son sitting up in his hospital bed holding a bloody bucket he'd been coughing into.

3 LIFE

Travel in brief

New Yorkers embracing ferry life

More than one million passengers have ridden ferries across the East River since the service was launched just over one year ago, New York City Mayor Michael Bloomberg said Monday. That's more than double in initial projection of 409,000 riders, Bloomberg said as he and City Council Speaker Christine Quinn rode the ferry from North Williamsburg in Brooklyn to Pier 11 in lower Manhattan to mark the milestone. The ferries, which make it fast and easy to reach waterfront businesses, parks and other locations, are popular with tourists as well as locals.

THE ASSOCIATED PRESS

On the web

Everything old is new again: Rodin Museum in Philly is reopening with the same look as in 1929

Hudson River Park: A destination for recreation

Urban oasis. A group of dedicated New Yorkers have turned a once-derelict patch of Manhattan into a place for outdoor fun

In the past decade, the decrepit piers and industrial zones along eight kilometres of the Hudson River on Manhattan's West Side have been utterly transformed.

Hudson River Park is now a destination that gets 17 million visits annually, with a bike path, green spaces, playgrounds and recreation ranging from mini-golf and skateboarding to kayaking and even stand-up paddleboarding. Melissa Lopez rented a bike a few weeks ago and was amazed at what she saw as she rode downtown through the park.

"It was gorgeous, like a little nature haven, beautiful flowers, trees, and only when you looked over to your left (at the buildings), did you realize you were in between a concrete jungle and this beautiful river," said Lopez, 29, who came in from her home in suburban Westchester for the day. "Everyone was doing something active — sunbathing, rollerblading, bike riding. There was one pier with a volleyball court with sand. I kept asking my boyfriend, 'Are we really in New York City?'"

Lopez's reaction is proof of just how much things have changed along the river. For much of New York City's history, "the waterfront was where the industrial areas were," said Madelyn Wils, president and CEO of the Hudson River Park Trust. "Then in the 1960s, the port business went away and the waterfront areas became so derelict they were an embarrassment. If you saw pictures of what this looked like even 10 years ago, you'd say, 'How could anyone let that happen?'"

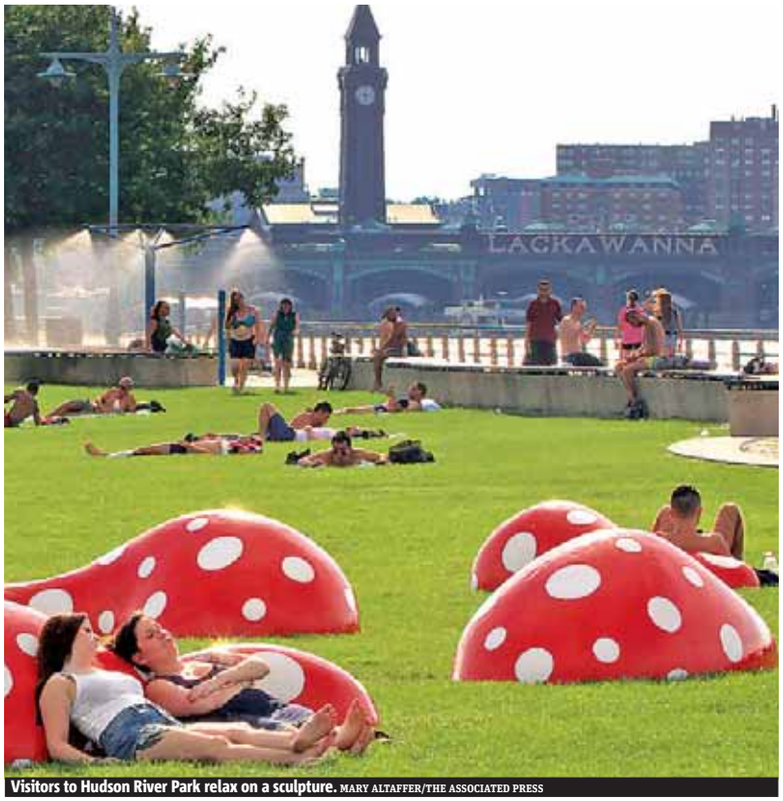
Looking at the ribbon of spotless walkways, plantings and creative play areas along the river today between Battery Park City in Lower Manhattan and 59th Street, it's hard to imagine what Wils is describing.

But when she and other New Yorkers began working to create the park in the late 1990s, one of her goals as a mother of three living in Lower Manhattan was simply to make more places where kids could play. In 1998, the city and state provided land for the park, and construction began in 2001.

Last year's opening of Pier 25 in Tribeca, now one of the park's most popular areas with mini-golf and volleyball, was a crowning achievement.

There are still small sections along the water awaiting redevelopment — a pound for towed cars, a facility for Sanitation Department trucks — but the walkways and bike path are uninterrupted. (Wils says the park has "more bikes on the bike paths than anywhere else in the country — 6 million a year.") Between playgrounds, lawns, sports facilities, boating options and other amenities, the park's attractions number in the dozens.

"There are so many different boating opportunities in the park now," said Nancy Brous, metropolitan region director for the Hudson River Watertrail. Many of the programs are run by volunteers to educate New Yorkers who may never have been in a kayak or out on the river before, Brous said, but the walk-up kayaking programs also get "a lot of out-of-town visitors. This is something that's really going to be driving the tourist trade as time goes on and more people seek it out."



Visitors to Hudson River Park relax on a sculpture. MARY ALTAFFER/THE ASSOCIATED PRESS

Another aspect of the recreational boating programs is teaching the public about the river. It's a tidal estuary, so the currents are strong, and the water can be murky as the tidal flow stirs up silt. "It's not crystal clear and you can't see that deep into it, but it's not pollution," Brous said. "People are very surprised when they learn about the water quality. Just by the birds you can tell it's clean — they're out there and they're catching fish." Hudson River Park is also home to historic vessels that can be toured; public art like the AIDS memorial at 11th Street; yoga and other fitness programs; concerts, walks and talks, including a Sunday morning nature tour where participants learn about the park's 85 species of birds. Little wonder the park has started turning up in travel guides to New York City as an option for visitors looking for something to do besides shopping, theatre and museums.

THE ASSOCIATED PRESS

If you go...

- **Hudson River Park.** Battery Park City to 59th Street. Walkway, bike path, playgrounds, sports, boating. Detailed information on activities and calendar of events including fitness classes and concerts, hudsonriverpark.org.

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Churchill offers true solace for Chantal Kreviazuk

Visiting Churchill, Man., is beyond any experience Chantal Kreviazuk has ever had. TRAVEL MANITOBA/FLICKR

Reconnecting.
Singer-songwriter loves taking time to unwind in the land of polar bears and dogsled runs

My favourite Canadian spot is Churchill, Man. I have been going there for years, for all sorts of reasons — ranging from personal trips, to program awareness building for Polar Bear International.

I have also gone to the region for a discovery voyage regarding my ancestors who used to run the land up at York Factory, the very origin of The Trade.

It is an adventure in the summer — you must have a rifle nearby, the polar bears roam about ... the belugas are feeding in the bay, it is beyond magical.

Chantal Kreviazuk
HANDOUT

This remote place offers true solace ... I find myself totally offline, and reconnected — to nature and humans ... everyone up there seems to be there for the same reasons ... it's the ultimate escape into "like-minds" or parallel intentions. Especially in Churchill in the winter, when it can get brutally cold, I feel like it's a true bonding experience with the other people up there.

The food is unexpectedly sophisticated and delicious, perhaps to completely blow away the common tourist, not sure ... but it's ridiculous.

Putting hot rocks in your mitts and boots, sitting by the fire with hot chocolate after a dogsled run ... or hanging on the tundra buggy for hours on end watching the polar bears in the behaviour patterns ... it is beyond any other experience I have had.

Every time I go, I truly feel like it's the first time back.

CANADIAN SINGER-SONGWRITER CHANTAL KREVIAZUK'S NEW CD/DVD SET IN THIS LIFE WAS RELEASED EARLIER THIS MONTH. RECORDED LAST SUMMER AT THE JACKSON TRIGGS AMPHIMEATRE, THE JUNO AWARD WINNER IS ACCOMPANIED BY THE NIAGARA SYMPHONY WHILE SHE PERFORMS HER HIT SONGS.

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Health, wellness and ... Las Vegas?

Luxury spas. Sin City is now billing itself as a destination to relax and unwind — without the hangover

VAWN HIMMELSBACH
life@metronews.ca

Is it possible to find relaxation in Sin City? HANDOUT

Health and wellness isn't typically what comes to mind when you think of Las Vegas. But that's exactly what Sin City casinos now have on offer: peace and serenity.

In the land of booze, gambling and strippers, is it possible to attain a state of meditative Zen? If you can manage to resist poolside mojitos, avoid stuffing your face at all-you-can-eat buffets and tear yourself away from the blackjack table before losing your life savings, you may, surprisingly, find an oasis of serenity.

More than 45 luxury spas offer everything you'd expect, but often with a Vegas twist. Sure, you can go for a typical Swedish massage, but how about a brown sugar java jolt pedicure, a chakra-balancing session, or even yoga with dolphins?

Here are some top picks to get your aura glowing:

The Shio Salt Room at Aria boasts illuminated salt bricks that can help heal skin irritations. HANDOUT

The Spa at Aria Resort & Casino

This spa is themed around salt, stone, earth, fire and water; you're welcomed into the space by a water garden with Aji stones blessed in Japan. The spa's Shio Salt Room features a wall of illuminated salt bricks that encourage healing of skin irritations and upper respiratory problems, complete with vibrating lounge chairs. And the Ganbanyoku Stone Bed room features Japanese heated stone beds that emit negative ions and far-infrared rays to improve blood circulation, increase metabolism and eliminate toxins — incredibly soothing, unless there happens to be a man snoring like a bear on the stone next to you.

Make sure you know your 'intention' at the Trump spa. HANDOUT

The Spa at Trump

The Spa at Trump is a smaller spa with a more personalized experience. When you walk in, you're asked about your "intention" for the treatment: calm, balance, purify, heal or revitalize. Your treatment is customized around that intention, using essential oils and even gemstones and crystals. Try a signature gemstone spa treatment, such as the Revitalizing Rubies Massage, which uses a ruby-infused massage oil to ground your root chakra. The spa also has a few unique Vegas offerings: the Vegas Recovery Massage, Morning-After Eye Cure and Sun Worshipper Body Wrap. So even if you overindulge, you can always get in a little health and wellness.

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Go social 'spa-ing' at Qua Baths & Spa at Caesars Palaces. HANDOUT

Qua Baths & Spa at Caesars Palaces

Qua Baths & Spa at Caesars Palaces takes its cue from ancient Roman traditions of relaxation, incorporating rituals of "social spa-ing" with mineral-enriched pools surrounded by dark-wood décor and waterfalls. It offers an expansive range of Vegas-worthy treatments, from hypnotherapy to chakra balancing to dream interpretation. Communal areas include the Laconium Room for heat therapy, the Arctic Ice Room (with fake snow to cool you off — perhaps less appealing to Canadians) and a tearoom staffed by a sommelier skilled at pairing teas with treatments.

Canyon Ranch SpaClub at The Venetian and Palazzo

Canyon Ranch SpaClub at The Venetian and Palazzo is one of the largest spas in the world, offering everything from ice cream pedicures to nutrition consultation to ancient Ayurvedic treatments from India. Its European-inspired Aquavana suite includes a Finnish sauna, crystal steam room, herbal-infused laconium, experiential rain showers, a wave room (a domed canopy with reflected water movements for a meditative experience) and a salt grotto with heated benches to provide a "sea air" experience.

Canyon Ranch SpaClub is one of the largest spas in the world. HANDOUT

The Spa at the Mandarin Oriental

The Spa at the Mandarin Oriental, inspired by 1930s Shanghai, features opulent art deco décor with a spa menu based on an "East meets West" philosophy. Start with the spa's signature foot ritual, based on the traditional hot herbal footbaths of the Far East, followed by a Jade Enzyme Facial or Mahjong Balance treatment focusing on pressure points and energy centres.

VAWN HIMMELSBACH IS A FREELANCE WRITER BASED IN TORONTO. CHECK OUT HER BLOG AT CHICSAVVY-TRAVELS.CA

A treatment room at the Mandarin Oriental. HANDOUT

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The many eats of São

To São Paulo, Brazil's 19 million plus residents, home is a sprawling concrete jungle where street art drips from skyscraper façades onto busy sidewalks, traffic is the rhythm of life and multi-ethnic enclaves — among them Italian, Japanese and Middle-Eastern — contribute to a rich cultural identity that is uniquely paulistano. And food is no exception. Because this melting pot isn't situated on the coast, there's a local saying that the city's "beaches" — or main attractions — are its restaurants. From high-end eateries to low-key luncheonettes, Metro gives you a taste of the culinary capital's real surf and turf.

Hip hotspots

Maní's Helena Rizzo gives molecular gastronomy a sense of humour. Centerpieces of paper-thin Parmesan lollipops start the conversation. The artistry of the entrées to come is foretold in a trio of playful tapas: transparent tomato soup in a shot-glass, fois gras encased in port wine jelly like a maraschino cherry and sliced roast beef atop a delicate potato chip. Rizzo's sous-vide "perfect egg" lives up to it's name. For dessert, guava sorbet and cheese flan on a drizzling of dulce de leche will render you speechless. manimanioca.com.br

Also try: Clandestino, chef Bel Coelho's gastronomic speakeasy open to only 15 diners on Thursday nights. Dishes like liquid coxinha (chicken croquette) and fish ribs with açai gravy introduce unfamiliar ways to eat indigenous ingredients. duirestaurante.com.br

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GINA ANGELOTTI, METRO WORLD NEWS
life@metronews.ca

Understated eats

Lebanese café Tenda do Nilo is the diamond in the rough with just a handful of bistro tables. All in jest, owners Xmune and Olinda Isper won't let you sample humus or mhamara, a divine red pepper spread, until you're taught the proper way to rip and dip a pita. Quickly devour their fatte — a hash of beef, chickpeas, curd and toasted-nuts — while shreds of flatbread baked in are still crisp. Conceived in the Middle East but born in Brazil, the Ispers' semolina cake with cream, pistachios, orange flower and honey called "1001 Nights" is a legend it its own right. www.tendadonilo.com.br Also try: the Municipal Market, a commercial hall of fruit vendors, charcuteries and more. Wash down Bar do Mané's 350 gram fried mortadella sandwich with a pingada — espresso in a glass with milk and sugar. mercadomunicipal.com.br

Fine dining

D.O.M. is not simply a restaurant — the world's 7th best, according to San Pellegrino — but an erotic experience. Succumb to the ultimate aphrodisiac: chef Alex Atala's orgasmic brioche-crusted oyster with tapioca and salmon roe pearls. Other dishes evoke childlike curiosity, including toasted black rice resembling the coveted bits at the bottom of a saucepan and an elastic aligot, served like pulling taffy. Equally seductive and infallible are the sommelier's wine pairings. But Atala perfects perfection by re-purposing native ingredients like hearts of palm and priprioca, a fragrant Amazonian root. Sustainability is a standard, not a buzzword. domrestaurante.com.br Also try: Kinoshita, where salmon marinated for six days in sake and miso — an heirloom recipe— is just one of chef Tsuyoshi Murakami's Japanese specialties. restaurantekinoshita.com.br

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The combined flavours of bok choy, mushrooms and this sesame sauce is outstanding.

I use whole oyster mushrooms for appearance as well as texture. Feel free to substitute other mushrooms, but it is best to slice them in large pieces.

I love to serve this alongside a fish or chicken dish.

1. Combine the soy sauce, sesame oil, oyster sauce, sugar, garlic, ginger and chili sauce in a small bowl and set aside.

2. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the mushrooms and sauté for 5 minutes or until tender. Add the sauce and cook for 2 minutes, until slightly thickened.

3. Place a shallow layer of water in a large saucepan and bring to a boil. Place the bok choy in the saucepan, cover and cook for 2 minutes or just until it is bright green.

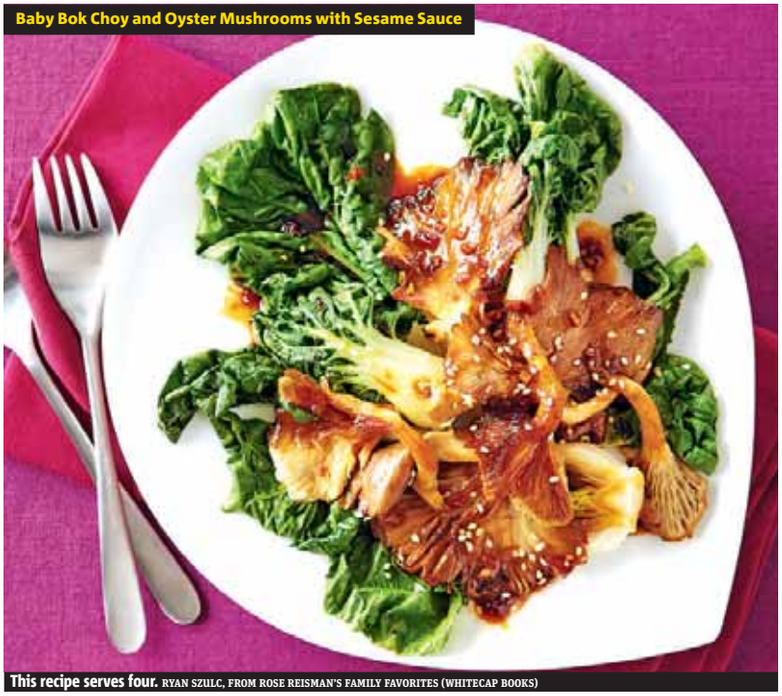
4. Drain well and place on a serving dish. Top with the sautéed mushrooms and sesame sauce, sprinkle with sesame seeds and serve immediately. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Sesame Sauce
- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 1/2 tsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce

Vegetables
- 2 tsp vegetable oil
- 8 oz whole oyster mushrooms
- 6 baby bok choy
- 1 tsp toasted sesame seeds

Baby Bok Choy and Oyster Mushrooms with Sesame Sauce



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

'You put the lime in the coconut'

This delicious combination makes the perfect drink for those cool summer nights on the patio.

- 375 ml (1.5 cups) coconut milk
- 1 can (250 ml) frozen concentrate margarita mixers
- 250 ml (1 cup) white rum (optional)
- 1 l (4 cups) ice cubes
- 1 lime chopped for glass rim

In a blender, combine coconut milk, margarita frozen concentrate and rum, if using; add ice cubes. Pulse until blended and frothy, about one minute. THE CANADIAN PRESS/ BACARDI MIXERS, RUM

Asian Slaw. Teriyaki sauce nicely dresses up this crunchy side dish

This crunchy vegetable mix of broccoli and cauliflower hearts, red cabbage and carrots gets an Asian twist with a tofu teriyaki sauce. The slaw would be a good side to grilled meat or fish.

1. In a large bowl, place vegetable mix and add yellow pepper. Add tofu, along with oil and vinegar, and mix well.

2. Let mixture sit for 1 hour or overnight in refrigerator. Sprinkle with sesame seeds before serving.

THE CANADIAN PRESS/SUNRISE STIR-FRY TOFU N' SAUCE

Ingredients

- 1 pkg (350 g/12 oz) vegetable mix (broccoli, cauliflower, red cabbage, carrots)
- 1 sweet yellow pepper, sliced thinly
- 1 pkg (250 g/8 oz) stir-fry tofu cubes with teriyaki sauce
- 15 ml (1 tbsp) sesame oil
- 45 ml (3 tbsp) rice vinegar
- Sesame seeds, for garnish

Paper Clip Pork: One family's take on a Chinese BBQ staple

Chinese barbecue pork, or "char siu" in Cantonese, is a standard item found in every Chinese deli and restaurant. Not so traditional is one family's rather unique way of making it — with paper clips.

And the credit goes to uncle, Kin Woo. When he was a college student, he wanted to experiment with making traditional char siu. He says that "in the old days" in China, people would cook the pork in a clay or brick oven with a wood or charcoal fire underneath.

There were bars inside the oven with metal hooks that held the meat over the heat.

So one day, as family lore has it, he started fooling around with a paper clip. When he bent both ends into an S-shape, he discovered the perfect hook. And so the paper clips have been a trademark of his char siu for more than 30 years.

Ingredients

- 3- to 4-lb pork shoulder butt roast
- 8.5-oz jar hoisin sauce
- 1 cup white wine
- 1/3 cup of sugar
- 1 tbsp hot sauce
- 2 tsp kosher salt
- 24 large paper clips

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Cut pork lengthwise into 6 thick slabs. Cut each slab into 4 strips. Set aside.

2. In bowl, combine hoisin, wine, sugar, hot sauce and salt. Mix well until the sugar has dissolved. Add sliced pork and mix to ensure all of the meat is evenly coated. Cover and refrigerate for at least 24 hours.

3. When ready to cook, set one oven rack at the highest point. Remove the remaining racks. Heat the oven to 400 F.

4. Remove pork from refrigerator. Bend each paper clip, opening it to create a double-sided hook that resembles an S. One at a time, thread one side of a paper clip hook through one of the narrow ends of each strip of meat. If you hold one up by the paper clip, the meat should hang down vertically.

5. Open oven and, using oven mitt, pull rack forward. Set a rimmed baking sheet lined with foil under it (it will rest on the door for the moment).

6. One at a time, use paper clips to hook pork onto the oven rack so they hang down from rack's underside. When all meat is hung, push rack and rimmed baking sheet into the oven. Roast 45 minutes. When meat is cooked, carefully unhook and remove paper clips before serving.

TERRY WANG/ THE ASSOCIATED PRESS

Students, don't despair about debt

Getting in the red, without turning red.
Why education pays but BMWs don't

JELEEN YU
TalentEgg.ca

Apply yourself! Scholarships and bursaries can help to ease the strain of student debt. ISTOCK

Let's face it. Debt happens.

It's a fact of life that almost all of us will need a little financial help at one point or another, whether it's for our home, car, livelihood, education — even our groceries.

Debt is an inevitable circumstance of life, and, for the most part, it's categorically evil.

But here's the kicker: Debt isn't always such a bad thing.

The basics

Ever heard of good debt?

Yes, it's an oxymoron, strange and it seems mythical at best, but believe it or not there are some things out there worth owing money for.

Here's what's on the "good" list:

- Your home
- Your own business
- Your education

These are otherwise known as things that will increase in value over time and give you the best bang for your borrowed buck.

Because you're borrowing to finance things that won't lose their value (and will actually earn you money in the long-run), this kind of debt is considered good and justifiable.

Bad debt, on the other hand, is money borrowed for things that will depreciate in value over time, sometimes even instantly (think: as soon as you leave the store!).

Consumable goods like clothes, cars, video games and flat-screen TVs are expendables, as are pricey out-of-town trips you can't afford.

Left unmanaged, this kind of debt could leave you facing years — even decades — of loan payback ahead.

And the worst "bad" debt you can make? Credit card debt, since it usually carries the highest interest rates and the most onerous payback schedules out there.

Education gives back

Student loans — burdensome as they may seem during payback time — are considered some of the best debts to get into, and for good reason.

While we all know the value of a good education, student loans have the potential to give back much more than what they take, and not just in terms of job prospects.

"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly," says anonymous Vancouver-based finance blogger Youngandthrifty, whose eponymous site (youngandthrifty.ca) aims to encourage better financial health among young Canadians.

In other words, government-backed student loans not only increase your future earning potential, they also give you a tax credit on the interest portion of the amount paid on your loan each year.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Loonie loop hole

> **"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly"**
> Finance blogger Youngandthrifty

Check before cheque

Do your research

- It's important to note that the guidelines for a Canada Student Loan (CSL) vary from province to province, and the amount each student is granted depends on a lot of different factors.
- Doing your due diligence by visiting the National Student Loans Service Center's (NSLSC) website and CanLearn will help, as will considering other loan options like a low-interest line of credit from your local bank.

Twitter

@TalentEgg
Question of the day: How will you pay your tuition this year? Student loans, parents, scholarships, summer job?

@cheapstudents:
Mostly summer job. I'm hoping for scholarships but we will have to see how those pan out

@tpardi:
Student loan.

@Clairesjlo807:
student loans!

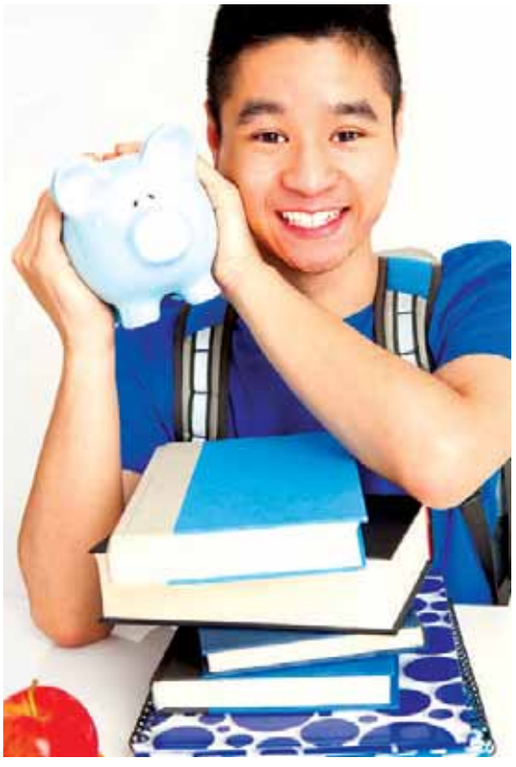
@kaitlynnerae:
Summer jobs and scholarship. Weeeeee work.

@ehmelynn:
Scholarships and Summer Job

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro.
News worth sharing.

Balance summer fun and summer funds



To the beach or the bank? How to save the money you make at your summer job

SAMANTHA SIM
TalentEgg.ca

For students, summer is a time to kick back, relax and enjoy the few months they don't have to study.

But as the temperature rises so does the spending on social activities, which can eat away at money saved for the upcoming school year. So what can students do to help better balance their saving and spending this summer?

TD Canada Trust spokesperson Michelle Snow, group product manager for Everyday Banking, says the biggest financial mistake she sees students make is a complete lack of planning.

"A lot of times it's just a complete lack of money-management altogether," she says. "They just live life as it goes by and don't plan."

Snow recommends three steps students should follow when managing their money this summer:

Plan Students should plan for their expected expenses (school, living costs and social life) and revenues (summer job, scholarships/bursaries, loans and parents). "Remember to pay yourself first," says Snow. "TD has a pre-authorized transfer service (PTS) that automatically moves a pre-set amount from your chequing to savings each time you're paid."

Track It's important for students to keep track of how much and what they're spending their money on, especially if you go over budget.

Adjust "Remember that life is fluid and full of changes," says Snow. "Extra expenses and/or extra revenue streams can pop up. It's important to take this money into account and determine the best way to allocate it."

University of Waterloo life science student Jaynell Rosario worked part-time at a doctor's office during the day and as a soccer referee at night last summer. She says the best way she managed her money was immediately separating her paycheque into savings and spending the minute she was paid.

"When you get paid, divide your pay cheque into chunks. Still have fun, but save most of it because when the school year comes around you'll regret your summer overspending," she says.

Snow suggests students check out student bank accounts with no monthly fees, or automatic saving programs that allow a fixed amount to be transferred from your chequing account to savings every time a debit transaction or ATM withdrawal is made. She says these can be helpful proactive tools for students to keep on top of managing their money.

Making her summer budget planning a family affair is what Ryerson University early childhood education student Patricia Alba found helpful in keeping on top of her spending.

"I sat down with my parents and laid out how much tuition, books and transportation would cost, plus spending money to hang out with friends," she says. "It helped to have that discussion with them and get their feedback."

SAMANTHA SIM IS A JOURNALISM STUDENT AT RYERSON UNIVERSITY AND AN ASPIRING BUSINESS REPORTER. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Tracking your toonies

Early childhood education student Patricia Alba on writing it all down:

- Alba advises students to keep an updated spreadsheet with a running total so spending can be easily tracked. There are also free online and mobile tools that allow you to track your spending, such as Mint.com.
- "Make a spreadsheet and remember to keep all of your receipts," she says. "This will definitely keep you organized and on top of your spending."

Academic advice

"Still have fun, but save most of (your money) because when the school year comes around you'll regret your summer overspending."

Jaynell Rosario, Student

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

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- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
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Splitting cash a sticking point as NHL labour talks resume

Hockey. Negotiations continue with current bargaining agreement set to expire Sept. 15

The NHL and the NHL Players' Association are set to resume labour talks on Wednesday at the league offices in New York.

Total revenue of the league's operations is the biggest sticking point right now, and it's an important one.

The players like their cut right now. The owners don't.

The two sides met last Friday in another round of negotiations for a new collective bargaining agreement.

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported players would be forced to wait 10 years before becoming unrestricted free agents and contracts would be limited to five years — a major change considering Zach Parise and Ryan Suter decided to sign matching 13-year, $98-million US contracts with the Minnesota Wild.

NHLPA executive director Donald Fehr and NHL deputy commissioner Bill Daly are among those meeting Wednesday. The two sides have regularly met since opening talks June 29.

NHL commissioner Gary Bettman said after Friday's session, "We've got a lot of work to do in a relatively short period of time."

Fehr said he didn't know what kind of short time frame Bettman was talking about.

"The optimum would be to get a deal done as soon as you could," Fehr said, adding he viewed a strike as a "last resort."

"What a last resort means is you bargain in good faith, you do everything you can, you listen carefully to what the other side says, you make counter-proposals when you can, where you believe it's consistent with the kind of contract you believe is appropriate, and you keep at it until you get an agreement," he said. THE ASSOCIATED PRESS

Labour veteran

- Commissioner Gary Bettman oversaw the 1994-95 NHL lockout that forced a 48-game regular-season schedule.
- When labour problems lingered in 2004-05, Bettman shut down the league.
- It took years for the NHL to recover from the lost season.

Jays take on Yankees again without ailing Bautista

Andruw Jones of the New York Yankees hits a three-run homer against the Toronto Blue Jays Tuesday in New York. The Jays' Jose Bautista is on the 15-day disabled but was relieved to learn there's no structural damage in his ailing left wrist. He thinks he could return as soon as he's eligible, though manager John Farrell said it's too early to tell. Bautista left Monday night's game after feeling pain in his wrist after hitting a foul ball in the eighth inning. The Jays called up Anthony Gose from triple-A Las Vegas to fill the roster spot. For the result from last night's game, visit metronews.ca/sports. MIKE STOBE/GETTY IMAGES

Cycling. Frank Schleck fails doping test at Tour

Frank Schleck of Luxembourg pulled out of the Tour de France and spent several hours in a police station in southwest France on Tuesday after failing a doping test.

The UCI said Schleck tested positive for a banned diuretic called Xipamide on July 14, another reminder of the doping cloud that has damaged the image of cycling — and its biggest event.

RadioShack team spokesman Philippe Maertens said Schleck went to the Pau police station of his own accord to co-operate with authorities. THE ASSOCIATED PRESS

Frank Schleck THE ASSOCIATED PRESS FILE

NHL

Stevens named assistant coach

Scott Stevens, a longtime New Jersey captain and defenceman, was named an assistant coach by the Devils on Tuesday.

Stevens, who was inducted into the Hockey Hall of Fame in 2007, was the first player to have his jersey retired by the Devils. His No. 4 hangs from the rafters at the Prudential Center, next to Scott Niedermayer (No. 27) and Ken Daneyko (No. 3), also defencemen who joined Stevens in leading New Jersey to three Stanley Cup titles (1995, 2000, and 2003). THE ASSOCIATED PRESS

NBA. Raptors unveil Kyle Lowry and Landry Fields

Point guard Kyle Lowry and swingman Landry Fields were introduced at the Air Canada Centre in Toronto on Tuesday.

Raptors general manager Bryan Colangelo said they are "giving the keys" to Lowry with hopes that he can become the cornerstone of a young, emerging team.

Lowry was acquired last week in a trade with the Houston Rockets that saw forward Gary Forbes and a protected future first-round draft choice go the other way.

The Raptors haven't been to the playoffs since the 2007-08 season, and haven't progressed past the first round since a 2001 East semifinal against Philadelphia that Lowry called "one of the best series I've ever witnessed on TV, period."

Lowry said he and Fields will help the team's defensive makeover, something that head coach Dwane Casey started last season with promising results. THE CANADIAN PRESS

Quoted

"Being given the keys I think I can drive this car to (becoming) a playoff team" Raptor Kyle Lowry

4 SPORTS

Golf

"It's been lovely just going about my business. It's been nice to sort of prepare and there's definitely not the madness that was going on last year."

Rory McIlory is enjoying the approach to this year's British Open much more than last year, when Rorymania was at its peak. Back then, the curly-haired Northern Irishman was coming off his first major victory — a runaway at the U.S. Open — and being heralded as the new face of a game desperate to move past Tiger Woods' stunning downfall. But since his eight-stroke win at the U.S. Open, McIlroy hasn't been much of a factor in the majors. He is just 23 years old, and even now, while admittedly mired in a bit of a slump, he's holding down the No. 2 spot behind Luke Donald in the world rankings.

"I don't think my game completely went off. Everyone has bad spells and I had a couple of bad weeks where I didn't play so well."

THE ASSOCIATED PRESS

Mobile sports

In the third week of racing, the Tour de France peloton is worn down. The nervousness of the first week has given way to physical and mental stress. At this point in the race, many of the riders left will simply hope to make it to the finish-line in Paris. Scan the code for the story.

Aim getting better with age

Soccer. Canada's captain Sinclair developed her game while keeping up with big brother

Burnaby, B.C., native Christine Sinclair signs autographs after the championship game of the CONCACAF women's Olympic qualifying tournament against the United States at Vancouver's BC Place Stadium in January. RICH LAM/GETTY IMAGES

Whenever Mike Sinclair drives by the old house in Burnaby, B.C., he can't help but marvel at the fact it's still standing.

"It took a beating," Sinclair says with a laugh. "I don't know how it's still upright. But I guess that's what you get when you get two really competitive kids around the same age."

Those two kids were Mike and younger sister Christine, who would leave countless broken windows and scuffed walls in her wake en route to becoming Canada's finest women's soccer player.

"Oh God, our windows, our next-door neighbours' windows, the windows of our neighbours two houses down," he said. "We've broken more things."

The concrete basement floor of their three-bedroom house provided the perfect venue for everything from roller-hockey to golf to soccer.

Fast forward a couple of decades and Christine Sinclair's aim has definitely improved. The 29-year-old is Canada's leading goal-scorer and has the third-most international goals in women's soccer history, trailing Americans Mia Hamm and Abby Wambach.

She'll lead a squad that will be playing for a medal on sport's grandest stage — the No. 7 Canadians will open the London Olympic Games against third-ranked Japan on July 25.

Trying to keep up with her older brother on the streets and playgrounds over the years built a toughness in Sinclair that was well on display last summer, when the striker scored on a beautiful bending free kick against Germany at the women's World Cup moments after her nose was shattered. Canadian goalkeeper Erin McLeod said it looked "like a zigzag."

Her goal was the lone bright spot at an otherwise disastrous World Cup that saw the Canadians knocked out after the preliminary round without a win.

But Sinclair said spirits are high heading into London. The team hired Englishman John Herdman as head coach in the fall and went on to beat Brazil to win the Pan American Games in October.

With 12 returnees from the Beijing Olympic team, Sinclair said Canada will field a squad that is wiser from its experiences in China.

"It was the first time our soccer team had qualified, and none of us had been there before and we were all inexperienced," Sinclair said. "The Olympics can be overwhelming, but now that there's a core group of us who have been there before, we can sort of help the younger players know what to expect that we didn't know four years ago."

Such as not wasting energy chasing after superstar athletes.

"I remember our team four years ago trying to get pictures with people during times when normally in camp you'd be resting, lying in bed watching TV. But instead people were out stalking Lionel Messi and things like that. That needs to change." THE CANADIAN PRESS

Cup half empty

The Canadian women's team spent the past few months based in Vancouver, with training scheduled in three-week blocks with a week away in between to train at home.

- They spent several months before the World Cup in Rome, a grind that had players counting the days until they could go home.
- "Players were ready to go home.... That is not what your mindset should be at a World Cup or an Olympics," Sinclair said.

Basketball. London likely last hurrah for Canadian women's captain Gabriele

Every morning for the past several years, Teresa Gabriele has crawled out of bed in pitch darkness to stock bread.

The alarm rings at 3:45 a.m. and she's in her first store in Abbotsford, B.C., by 4:30, when most people are still fast asleep.

Not the most glamorous work for Canada's women's basketball captain, but her job with her family's bread business has allowed her to pursue her Olympic dreams — and her appearance in London will be the punctuation mark on an illustrious career.

The 32-year-old point guard from Mission, B.C., doesn't see her work as a sacrifice and scoffs at any suggestion she's put her life on hold.

Teresa Gabriele TORSTAR NEWS SERVICE

"This is my dream and what I love to do, so this is what I'm doing right now," Gabriele said after a practice Tuesday at the Air Canada Centre in Toronto.

Gabriele has been the mainstay of Canada's women's team for more than a decade, and is the only remaining player from the 2000 Sydney Games, the last time a Canadian basketball team has stepped onto sport's biggest stage.

"I'm thinking of retiring after this, so it's a storybook ending for me," Gabriele said. "I started my career very early with an Olympics and then to be able to end it with an Olympics, it's awesome."

The Canadians qualified for the Games at the 11th hour, beating Japan in a must-win game in a last-chance qualifier on Canada Day to earn the final berth.

"We were just telling everybody we wanted to qualify on Canada Day," Gabriele laughed about their nail-biting run through qualifying.

THE CANADIAN PRESS

Pistorius finishes second in final tuneup in Italy

South African double-amputee sprinter Oscar Pistorius finished second in a 400-metre race in Italy on Tuesday, his final tune-up for the London Olympics. Pistorius clocked 46.56 seconds — well off the personal best of 45.07 he ran at the same meet last year — to finish behind Calvin Smith of the United States. Smith won in 45.52. PAOLO GIOVANNINI/THE ASSOCIATED PRESS

Track. Blake on 'right path' after winning final race before Games begin

Yohan Blake warmed up for the London Olympics by timing 9.85 seconds to win the 100 metres at a meet Tuesday in Lucerne, Switzerland, his first competitive race since beating Usain Bolt twice at the Jamaican Olympic trials.

Blake was far from the fastest out of the blocks but powered through the field with legal wind assistance of 1.6 metres per second. Jamaica teammate Michael Frater was second in 10.

"Definitely I am on the right path for the Olympics," the 21-year-old world champion said. "This is where I am supposed to be. I want to remain unbeaten and that's what I am doing."

Only three-time Olympic champion Bolt (9.76) and 2004 Olympic winner Justin Gatlin (9.80) have run faster this season. THE ASSOCIATED PRESS

Quoted

"I didn't come here to run a quick time but it's still a fast time. Not many guys run 9.85."

Yohan Blake

Weather

Rain may go away for Games opening

The sun may, just may, shine on the London Olympics.

The Met Office, which forecasts the weather in one of the world's most fickle climates, said Tuesday the rain that has soaked England for weeks and kept temperatures cool could give way to sunshine in time for the opening ceremony on July 27.

Apart from raining on London's parade, the weather has been worrying organizers of equestrian and rowing events, where venues have been waterlogged by weeks of constant rain.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	55	34	.618	—
Baltimore	46	43	.517	9
Boston	46	44	.511	9½
Tampa Bay	46	44	.511	9½
Toronto	45	45	.500	10½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	49	40	.551	—
Detroit	47	43	.522	2½
Cleveland	46	43	.517	3
Kansas City	38	50	.432	10½
Minnesota	37	52	.416	12

WEST DIVISION	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	41	.544	5½
Oakland	46	43	.517	8
Seattle	38	53	.418	17

Tuesday's results
L.A. Angels at Detroit
Toronto at N.Y. Yankees
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Texas at Oakland

Monday's results
Detroit 8, L.A. Angels 6
N.Y. Yankees 6, Toronto 3
Boston 5, Chicago White Sox 1
Cleveland 3, Tampa Bay 2
Minnesota 19, Baltimore 7
Seattle 9, Kansas City 4

Wednesday's games
All Times Eastern
Toronto (R.Romero 8-5) at N.Y. Yankees (Kuroda 8-7), 1:05 p.m.
Texas (Lewis 6-6) at Oakland (Blackley 2-2), 3:35 p.m.
L.A. Angels (C.Wilson 9-5) at Detroit (Fister 3-6), 7:05 p.m.
Chicago White Sox (P.Hernandez 0-0) at Boston (Doubront 9-4), 7:10 p.m.
Cleveland (Masterson 6-8) at Tampa Bay (Hellickson 4-6), 7:10 p.m.
Baltimore (Tom.Hunter 3-4) at Minnesota (Liriano 3-8), 8:10 p.m.
Seattle (Millwood 3-7) at Kansas City (B.Chen 7-8), 8:10 p.m.

Thursday's games
Cleveland at Tampa Bay, 12:10 p.m.
L.A. Angels at Detroit, 1:05 p.m.
Baltimore at Minnesota, 1:10 p.m.
Seattle at Kansas City, 2:10 p.m.
Chicago White Sox at Boston, 7:10 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	51	36	.586	—
Atlanta	49	39	.557	2½
New York	46	43	.517	6
Miami	43	46	.483	9
Philadelphia	40	51	.440	13

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	50	39	.562	—
Pittsburgh	49	40	.551	1
St. Louis	47	43	.522	3½
Milwaukee	42	47	.472	8
Chicago	36	52	.409	13½
Houston	34	56	.378	16½

WEST DIVISION	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	43	.527	2
Arizona	43	46	.483	6
San Diego	36	55	.396	14
Colorado	35	54	.393	14

Tuesday's results
N.Y. Mets at Washington
Arizona at Cincinnati
San Francisco at Atlanta
Miami at Chicago Cubs
St. Louis at Milwaukee
Pittsburgh at Colorado
Houston at San Diego
Philadelphia at L.A. Dodgers

Monday's results
Arizona 5, Cincinnati 3
Miami 5, Washington 3
St. Louis 3, Milwaukee 2
Colorado 5, Pittsburgh 4
Houston 2, San Diego 0
Philadelphia 3, L.A. Dodgers 2

Wednesday's games
St. Louis (Wainwright 7-9) at Milwaukee (Thornburg 0-0), 2:10 p.m.
Philadelphia (Cl.Lee 1-6) at L.A. Dodgers (Kershaw 7-5), 3:10 p.m.
Pittsburgh (Ja.McDonald 9-3) at Colorado (Guthrie 3-9), 3:10 p.m.
Houston (W.Rodriguez 7-7) at San Diego (Richard 6-10), 3:35 p.m.
N.Y. Mets (C.Young 2-3) at Washington (Zimmermann 6-6), 7:05 p.m.
Arizona (I.Kennedy 6-8) at Cincinnati (Latos 7-2), 7:10 p.m.
San Francisco (Vogelsong 7-4) at Atlanta (Minor 5-6), 7:10 p.m.
Miami (Jo.Johnson 5-6) at Chicago Cubs (Samardzija 6-8), 8:05 p.m.

Thursday's games
All Times Eastern
San Francisco at Atlanta, 12:10 p.m.
Arizona at Cincinnati, 12:35 p.m.
N.Y. Mets at Washington, 12:35 p.m.
Miami at Chicago Cubs, 2:20 p.m.
Houston at San Diego, 10:05 p.m.

MONDAY

YANKEES 6, BLUE JAYS 3

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Lawrie 3b	5	0	0	0	Jeter ss	4	0	0	0
Rasms cf	5	0	0	0	Grndrs cf	4	0	1	0
Bautist rf	2	1	0	0	AlRdrg dh	4	2	2	0
BFrncs ph-rf	0	0	0	0	Cano 2b	3	1	2	1
Encrnc 1b	4	0	2	1	Teixeir 1b	1	1	0	0
Lind dh	3	1	1	1	Swisher rf	4	0	1	0
YEscor ss	4	0	0	0	Ibanez lf	3	1	1	4
KJhnsn 2b	3	1	0	0	Wise lf	0	0	0	0
RDavis lf	4	0	2	0	ErChvz 3b	3	0	0	0
Arencii c	3	0	1	0	RMartn c	4	1	1	1
Totals	**33**	**3**	**6**	**2**	**Totals**	**30**	**6**	**8**	**6**

Toronto	**000**	**101**	**001**	**3**
New York	**011**	**000**	**04x**	**6**

	IP	H	R	ER	BB	SO
Toronto						
H.Alvarez	6	5	2	2	4	6
Beck	1	0	0	0	0	1
Loup L,0-1	1-3	2	2	2	0	0
Frasor	1-3	1	2	2	1	1
Cordero	1-3	0	0	0	0	0
New York						
P.Hughes	7	4	2	2	3	4
D.Robertson W,1-3	1	0	0	0	1	0
Eppley	1-3	1	1	0	1	1
R.Soriano S,23-24	2-3	1	0	0	0	1

T—3:04. A—42,819 (50,291) at New York.

E—Wise (1). DP—Toronto 2. LOB—Toronto 8, New York 6. 2B—Encarnacion 2 (16), R.Davis (8), Al.Rodriguez (12), Cano (27). HR—Lind (8), Ibanez (12), R.Martin (9).

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES—Placed 2B Robert Andino on the 15-day DL. Recalled LHP Zach Britton from Norfolk (IL).
CHICAGO WHITE SOX—Placed RHP Gavin Floyd on the 15-day DL, retroactive to July 8. reinstated RHP Philip Humber from the 15-day DL.
KANSAS CITY ROYALS—Designated LHP Jonathan Sanchez for assignment. Recalled LHP Ryan Verdugo and RHP Vin Mazzaro from Omaha (PCL). Optioned OF Jason Bourgeois to Omaha.
SEATTLE MARINERS—Recalled RHP Blake Beaven from Tacoma (PCL). Optioned RHP Steve Delabar to Tacoma.
TAMPA BAY RAYS—Reinstated OF Matt Joyce from the 15-day DL. Optioned INF Will Rhymes to Durham (IL).
TORONTO BLUE JAYS—Placed OF Jose Bautista on the 15-day DL. Selected the contract of OF Anthony Gose from Las Vegas (PCL).

NATIONAL LEAGUE

CINCINNATI REDS—Placed 1B Joey Votto on the 15-day DL, retroactive to July 16. Recalled RHP Todd Redmond from Louisville (IL).
COLORADO ROCKIES—Selected the contract of OF Andrew Brown from Colorado Springs (PCL). Recalled INF DJ LeMahieu from Colorado Springs. Placed INF Jonathan Herrera and INF Chris Nelson on the 15-day DL, retroactive to July 16. Transferred RHP Juan Nicasio from the 15-day to the 60-day DL.
NEW YORK METS—Reinstated OF Jason Bay from the 15-day DL. Designated INF Omar Quintanilla for assignment.

BASKETBALL

NBA

BROOKLYN NETS—Agreed to terms with F Kris Humphries on a two-year contract.

FOOTBALL

NFL

CHICAGO BEARS—Released RB Alvester Alexander. Agreed to terms with RB Lorenzo Booker on a one-year contract.
PITTSBURGH STEELERS—Re-signed OT Max Starks to a one-year contract.

CFL

SASKATCHEWAN ROUGHRIDERS—Signed WR Terence Jeffers-Harris.

HOCKEY

NHL

ANAHEIM DUCKS—Signed G Marco Cousineau to a one-year contract.
CHICAGO BLACKHAWKS—Named Jamie Kompon assistant coach.
LOS ANGELES KINGS—Signed D Thomas Hickey, F Stefan Legein, F David Meckler and D Jake Muzzin to one-year contracts.
NEW JERSEY DEVILS—Named Scott Stevens and Matt Shaw assistant coaches.
NEW YORK ISLANDERS—Agreed to terms with F Jason Clark on a three-year, entry-level contract.

SOCCER

MLS

MLS—Suspended Columbus F Emilio Renteria one game and fined him an undisclosed amount for his head butt of Sporting Kansas City's Paulo Nagamura in a July 14 game.

CYCLING

TOUR DE FRANCE

STAGES

June 30 — Prologue: Liege, Belgium, 6.4 kilometres (stage winner: Fabian Cancellara, Switzerland; Yellow Jersey: Cancellara)
July 1 — First Stage: Liege to Seraing, Belgium, plain, 198 (Peter Sagan, Slovakia; Cancellara)
July 2 — Second Stage: Vise to Tournai, Belgium, plain, 207.5 (Mark Cavendish, Britain; Cancellara)
July 3 — Third Stage: Orchies, France to Boulogne-sur-Mer, medium mountains, 197 (Sagan; Cancellara)
July 4 — Fourth Stage: Abbeville to Rouen, plain, 214.5 (Andre Greipel, Germany; Cancellara)
July 5 — Fifth Stage: Rouen to Saint-Quentin, plain, 196.5 (Greipel; Cancellara)
July 6 — Sixth Stage: Epernay to Metz, plain, 207.5 (Sagan; Cancellara)
July 7 — Seventh Stage: Tomblaine to La Planche des Belles Filles, medium mountains, 199.0 (Chris Froome, Britain; Bradley Wiggins, Britain)
July 8 — Eighth Stage: Belfort to Porrentruy, medium mountains, 157.5 (Thibaut Pinot, France; Wiggins)
July 9 — Ninth Stage: Arc-et-Senans to Besancon, individual time trial, 41.5 (Wiggins; Wiggins)
July 10 — Rest Day
July 11 — 10th Stage: Macon to Bellgarde-sur-Valserine, high mountains, 194.5 (Thomas Voeckler, France; Wiggins)
July 12 — 11th Stage: Albertville to La Toussuire-Les Sybelles, high mountains, 148 (Pierre Rolland, France; Wiggins)
July 13 — 12th Stage: Saint-Jean-de-Maurienne to Annonay Davezieux, medium mountains, 226 (David Millar, Britain; Wiggins)
July 14 — 13th Stage: Saint-Paul-Trois-Chateaux to Le Cap d'Agde, plain, 217 (Greipel; Wiggins)
July 15 — 14th Stage: Limoux to Foix, high mountains, 191 (Luis Leon Sanchez, Spain; Wiggins)
July 16 — 15th Stage: Samatan to Pau, plain, 158.5 (Pierrick Fedrigo, France; Wiggins)
July 17 — Rest Day
July 18 — 16th Stage: Pau to Bagneres-de-Luchon, high mountains, 197
July 19 — 17th Stage: Bagneres-de-Luchon to Peyragudes, high mountains, 143.5
July 20 — 18th Stage: Blagnac to Brive-la-Gaillarde, plain, 222.5
July 21 — 19th Stage: Bonneval to Chartres, individual time trial, 53.5 (33.1)
July 22 — 20th Stage: Rambouillet to Champs-Elysees, Paris, 120
Total — 3,496.9 kilometres.

CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

WEST DIVISION	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK FOUR
Wednesday's game
Winnipeg at Toronto, 7:30 p.m.
Thursday's game
Saskatchewan at Calgary, 9 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's game
Montreal at Hamilton, 7 p.m.

GOLF

WEEKEND GLANCE

BRITISH OPEN

Site: Lytham, England.
Schedule: Thursday-Sunday.
Television: ESPN (Thursday-Friday, 5 a.m.-6 p.m., 7-10 p.m.; Saturday, 7 a.m.-2:30 p.m., 7-10 p.m.; Sunday, 6 a.m.-1:30 p.m.), ESPN2 (Saturday, 4-7 a.m., Sunday, 9 p.m.-midnight) and ABC (Saturday-Sunday, 3-6 p.m.).
Online: www.opengolf.com
PGA Tour site: www.pgatour.com
European Tour site: www.europeantour.com

PGA TOUR

TRUE SOUTH CLASSIC
Site: Madison, Miss.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday, 3-6 p.m.; Friday-Sunday, midnight-3 a.m., 3-6 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

LPGA TOUR

Next event: Evian Masters, July 26-29, Evian Masters Golf Club, Evian-Les-Bains, France. Last event: South Korea's Na Yeon Choi won the U.S. Women's Open on July 8 at Blackwolf Run in Kohler, Wis., for her first major title. She finished at 8 under for a four-stroke victory, closing with a 73 after shooting a 65 in the second round.
Online: www.lpga.com

CHAMPIONS TOUR

Next event: Senior British Open, July 26-29, Turnberry, Ailsa Course, Turnberry, Scotland. Last week: England's Roger Chapman won the U.S. Senior Open to join Jack Nicklaus, Gary Player and Hale Irwin as the only players to win the tournament and Senior PGA Championship in the same season. Chapman finished at 10 under at Indianwood in Lake Orion, Mich., for a two-stroke victory.
Online: www.pgatour.com

WEB.COM TOUR

Next event: Nationwide Children's Hospital Invitational, July 26-29, Ohio State University Golf Club, Scarlet Course, Columbus, Ohio. Last week: Doug LaBelle II won the Utah Championship, making a 5-foot par putt on the final hole for a one-stroke victory.
Online: www.pgatour.com

SOCCER

MLS

Wednesday's games
All Times Eastern
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto, 7 p.m.
New England at Montreal, 8 p.m.
Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 11 p.m.

NASL

Wednesday's game
Fort Lauderdale at Minnesota, 8:30 p.m.

TENNIS

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany
Singles
Juan Monaco (3), Argentina, def. Cedrik-Marcel Stebe, Germany, 6-4, 3-6, 7-5.
Jeremy Chardy, France, def. Albert Montanes, Spain, 6-4, 6-2.
Julian Reister, Germany, def. Fernando Verdasco (5), Spain, 6-2, 6-3.
Lukas Rosol, Czech Republic, def. Viktor Troicki (8) Serbia, 5-7, 6-3, 6-4.
Albert Ramos, Spain, def. Pablo Andujar, Spain, 6-1, 6-4.
Marin Cilic (4), Croatia, def. Flavio Cipolla, Italy, 6-3, 6-4.
Florian Mayer (7), Germany, def. Horacio Zeballos, Argentina, 7-6 (7), 7-5.
Tommy Haas, Germany, def. Martin Klizan, Slovakia, 6-2, 6-1.
Philipp Kohlschreiber (6), Germany, def. Bjorn Phau, Germany, 4-6, 6-2, 6-3.
Fabio Fognini, Italy, def. Marcel Ilhan, Turkey, 7-5, 6-2.
Nicolas Almagro (1), Spain, def. Tobias Kamke, Germany, 6-4, 6-1.

SWISS OPEN

At Gtaad, Switzerland
Singles
Feliciano Lopez (5), Spain, def. Adrian Ungur, Romania, 2-6, 6-4, 7-6 (7).
Grigor Dimitrov, Bulgaria, def. Julien Benneteau (6), France, 3-6, 6-4, 6-1.
Thomaz Bellucci, Brazil, def. Blaz Kavcic, Slovenia, 6-1, 6-1.
Lukasz Kubot, Poland, def. Ivan Dodig, Croatia, 3-6, 6-3, 6-4.
Dustin Brown, Germany, def. Sergiy Stakhovsky, Ukraine, 3-6, 6-4, 7-6 (8).
Ernests Gulbis, Latvia, def. Filippo Volandri, Italy, 7-6 (2), 4-6, 6-3.
Jan Hajek, Czech Republic, def. Edouard Roger-Vasselin, France, 4-1 retired.

WTA SONY SWEDISH OPEN

At Bastad, Sweden
Singles
First Round
Anabel Medina Garrigues (3), Spain, def. Laura Robson, Britain, 6-4, 7-6 (4).
Mariana Duque-Marino, Colombia, def. Sandra Roma, Sweden, 7-5, 6-1.
Silvia Soler-Espinosa, Spain, def. Anna Tatishvili, Georgia, 4-6, 6-3, 6-0.
Arantxa Rus, Netherlands, def. Rebecca Petersson, Sweden, 6-1, 6-2.
Klara Zakopalova (6), Czech Republic, def. Annika Beck, Germany, 2-6, 6-3, 6-4.
Kateryna Bondarenko, Ukraine, def. Carina Witthoeft, Germany, 6-2, 7-6 (5).
Julia Goerges (2), Germany, def. Barbora Zahlavova Strycova, Czech Republic, 6-2, 6-2.
Anastasia Pavlyuchenkova (5), Russia, def. Patricia Mayr-Achleitner, Austria, 6-2, 6-2.
Tsvetana Pironkova, Bulgaria, def. Lucie Hradecka, Czech Republic, 6-2, 7-5.
Shahar Peer, Israel, def. Lourdes Dominguez Lino, Spain, 6-4, 2-0 retired
Polona Hercog, Slovenia, def. Alexandra Panova, Russia, 7-5, 7-5.
Sofia Arvidsson, Sweden, def. Roberta Vinci (4), Italy, 6-4, 7-5.

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2012 Dodge Grand Caravan Crew shown.§

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CHRYSLER Jeep DODGE RAM

Dodge.ca/Offers

Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: •, *, **, †, § The Hurry Up to Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 4, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes $8,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. **$1,500 Bonus Cash is available on all new 2012 Dodge Grand Caravan SXT and $1,000 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. †4.99% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Canada Value Package (29E) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $19,995 (including Consumer Cash Discount) financed at 4.99% over 96 months with $0 down payment, equals 208 bi-weekly payments of $117 with a cost of borrowing of $4,297 and a total obligation of $24,291.83. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. §2012 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount: $28,530. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ¤Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Grand Caravan Canada Value Package – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

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ALL PHOTOS WHEELBASE

Engines

The ES 350's powertrain is straightforward, consisting of a 268-horsepower 3.5-litre V6 accompanied by a six-speed automatic transmission that carries over virtually unchanged from the 2012 edition.

But, for 2013 it doesn't end there. A new ES 300h hybrid features a 156-horsepower 2.5-litre four-cylinder gas engine that combines with a 141-horsepower electric motor to generate 200 net horsepower. Both function through a continuously variable transmission.

The hybrid borrows its powertrain from the Toyota Camry hybrid and represents a natural extension of the ES brand, especially since the recent demise of the Toyota-Prius-based HS 250h.

2013 Lexus ES 350/ES 300h

- **Type.** Four-door, front-wheel-drive midsize entry-luxury sedan.
- **Engines (hp):** 3.5-litre DOHC V6 (268); 2.5-litre DOHC 4 with electric motor (200, net).
- **Mileage:** L/100 km (city/hwy) 10.7/7.0 (3.5).
- **Base Price:** $44,000 (est.)

Interior

Other than the primary tach and speedometer gauges, the dashboard's control centre is a busy spot, with numerous minute knobs and buttons handling ventilation, audio and communications tasks. Fortunately, the console-mounted Remote Touch Interface can manipulate much of these systems in a relatively uncomplicated manner.

Base content

Being in the luxury realm, the ES 350 starts out with considerable standard equipment including power moonroof, 10-way adjustable power front seats, backup monitor, push-button start and an eight-speaker audio system. There's also a Drive Mode selector with Normal, Eco, or Sport settings for the powertrain and steering system.

Review. It's about time the world regarded the ES as a real Lexus

MALCOLM GUNN
Wheelbase Media

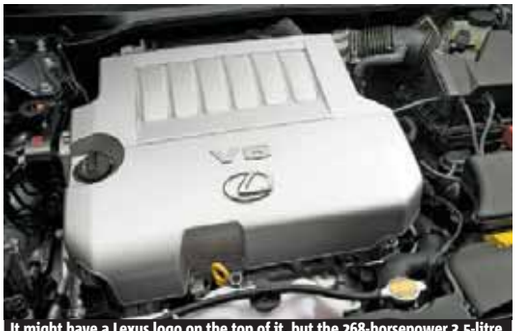
More style and substance are features the 2013 Lexus ES 350 can brag about. However the Toyota-Camry-based sedan can now include superlative fuel economy to its bag of tricks in the form of the gasoline-electric ES 300h hybrid.

The ES has always enjoyed a sterling reputation with Lexus buyers as the fleet's go-to entry-luxury model, even though the sportier IS series is less expensive. But in this league, size counts for plenty and the longer, wider and roomier ES beats the pants off the IS in the space race.

For 2013, interior volume has been slightly increased due to the addition of about five centimetres between the front and rear wheels. That adjustment makes the ES more livable, especially for rear-seat riders, but it's the car's outward appearance that's bound to make it a lot more likeable. Lexus's new character-building corporate face features a prominent lower air intake that first appeared on the GS sedan, along with restyled headlights and shapelier hood. It's a look that will show up on the rest of the fleet in due course.

In addition, the backside has been reworked to give the sedan a bit more bustle. The physical adjustments add considerable sparkle to what had been a design that for years was unnecessarily understated.

With its luxurious cabin environment, stress-free engine performance and trouble-free reliability, the ES should continue to garner serious consideration from entry-luxury shoppers. Dial in an invigorated redesign plus a fuel-sipper option and more folks than ever will likely vote y-ES.



It might have a Lexus logo on the top of it, but the 268-horsepower 3.5-litre V6 is also used in the Toyota Camry. The new hybrid drivetrain is also from the Camry hybrid.

A look at the rear of the ES 350.

By comparison

1 Lincoln MKZ
Base price: $40,300

2 Audi A6
Base price: $60,000

3 Cadillac CTS
Base price: $38,800

5 DRIVE

Top Gear

That's right, jack

If you tow a medium to large trailer, you know what a hassle it is to use cinder blocks or pieces of wood to get the trailer to sit at the desired height. Where do you put the blocks when they're not in use, anyway? Attaching the sturdy Flip Jack Foot from Fastway products would appear to eliminate that problem. When secured to the trailer's tongue jack, it automatically drops down when the jack is extended, thereby adding up to six extra inches in length. It also automatically tucks up out of the way when the trailer jack is retracted. The Flip Jack Foot is available for 2 and 2.25-inch tongue jacks for $50 US from the company at fastwaytrailer.com, which also shows a list of local dealers.

WHEELBASE

On the Web

Scan code for more car reviews and news

This is a 1993 Mazda RX-7. Almost 20 years later, it calls a simpler sports car era to mind. PHOTOS BY JUSTIN PRITCHARD/FOR METRO

Blast from the past

Sentimental value. High-performance sports car spent two decades stashed away at Mazda head office

JUSTIN PRITCHARD
drive@metronews.ca

In 1993, I was listening to Whoomp! (There It Is) on my Sony Walkman and playing Mortal Kombat on my Sega Genesis.

Getting my driver's licence was years away, but I had a poster of the 1993 Mazda RX-7 on the wall in my room, too.

That year, the RX-7 was being sold as Mazda's $45,000-plus flagship sports car. This machine is largely regarded as the highest-performing street-legal Mazda ever made. It's also the source of that "Zoom-Zoom" DNA present in Mazda's products to this day.

This was a special car for the Japanese automaker — and largely the reason that Mazda stashed one brand-new, bright yellow, un-modified unit away at their head office for two decades.

For a time, it was even parked in the front lobby — the same front lobby I walked into to pick up my first ever test-car (a Mazda MX-5) seven years ago. So, effectively, this particular yellow RX-7 watched from a few feet away as I started my career reviewing cars.

The 1993 model produced 255 horsepower.

Recently, I had the rare chance to realize a childhood dream and spend a week driving this exact RX-7. Sentimental value? Very much.

A supercomputer-designed suspension, lightweight hollow sway-bars and four-wheel ABS brakes were advanced for their time. Ditto the sophisticated, sequential twin-turbo setup — which helped the 1.3-litre rotary engine generate 255 horsepower and 217 lb.-ft of torque.

Two turbochargers meant two boosts of power smoothly merging with one another — perceived by the driver as virtually lag-free torque from just beyond idle to just shy of the 7,500 r.p.m. redline. This is the sort of technical, mechanical wizardry that makes excited aspiring car fanatics salivate.

Rear-wheel drive and a five-speed manual were standard. All said, it was fast by standards of its day, and is still quick and potent 20 years later. At full rip, torsos are pressed into seatbacks as the persistent whistling of the turbochargers enters the cabin — which is sweet.

The rotary engine's compact size allowed it to be mounted behind the front axle, helping with a 50/50 weight balance. Handling response is instant, direct, and surprisingly heavy and locked-on despite the size of the car.

I couldn't bring myself to drive this classic aggressively, but the eagerness and agility can be felt at every touch of the wheel.

The cabin exemplifies pure '90s Japanese sports-car cockpit-ness. It's tight and snug and hopelessly short on storage, though a centre-mounted 8,000 r.p.m. tachometer and a centre console curved towards the driver create a truly personal space to take in the performance.

Practical? Hell no. But if I ever felt more like I was in a cockpit, I don't remember it.

Without the distractions of modern day gadgets and safety gear, RX-7's engineers could focus purely on the driving experience. This was a car from an era where focusing on the driving experience was a very big deal.

And now, even two decades later, it still drops the jaws of people half its age. And the jaws of folks like me who had a poster of it on their bedroom wall when they were a kid.

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6 PASSENGER SEATING

GT model shown

2012 MAZDA5

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7 PASSENGER SEATING

GT model shown

2012 CX-9

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[illegible]

New record for motorcycles at Dover

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Are you superstitious? I think I'm regular-stitious. I walk under ladders, but never carrying a black cat. Motorcyclists seem to be incredibly non superstitious. They think that the most superstitious date on the calendar — Friday the 13th — is the absolute bomb.

It's been a tradition since 1981 to drive your motorcycle to the resort town of Port Dover, Ont., on the shores of Lake Erie, every Friday the 13th, regardless of which month it falls on.

Every year it gets bigger, even the years when the "Black Fridays" show up on cooler months. With the last Friday the 13th of 2012 happening in July, and hot weather on the forecast, many predicted that this would be the biggest turnout ever. And it was.

About 50,000 motorcycles and 150,000 people were the numbers I heard repeatedly. I didn't actually count all the bikes and on-lookers clogging the streets of Dover, because I was too busy getting heat stroke, or what I thought was heat stroke. Turns out I was instantly cured by an adult beverage and some pan-fried Perch at the Erie Beach Hotel. But suffice to say, you couldn't swing a stuffed animal, like say a cat, without hitting leather, chrome, or a large person with a bandana. So I didn't.

Funnily enough, our gang didn't arrive at Dover via bikes, or via cars. Our pal Kirby hosted us in nearby St. Williams, and dropped us off by boat.

Great fun but I wouldn't necessarily recommend the water route, as dock space on that day is super tight. But with so many people on the pier looking at every boat coming into the marina, I can now appreciate how Queen Elizabeth felt on her Jubilee tour down the Thames.

It was my first Friday the 13th at Port Dover. Here are a few impressions and observations of the day, from this rookie attendee.

Last Friday, the 13th that is, saw roughly 50,000 motorcycles invade the town of Port Dover, Ont. MIKE GOETZ/FOR METRO

• Very hot and humid, saved only by a slight breeze.

• Did I mention it was hot?

• A warm day meant a lot of skin was uncovered. As usual, this is good and bad.

• The vibe was awesome. All those bikes and all those people and all that heat and nobody was cranky or pushy.

• The cruiser crowd, which prefers leather and Harley Davidson motorcycles, are definitely the majority, but there was solid representation from all motorcycle genres — sport bikes, vintage, touring, standards, trikes, etc.

• Huge police presence. But they didn't seem to have much to do, other than direct traffic.

• Port-a-potties and hot sun? Not a good combination.

• Very well organized. Only bikes allowed into and out of town by one road, and under the control of those efficient and courteous police officers.

People arriving by car have to park way out of town, in a designated farmer's field, and then get shuttled by school bus.

• Hundreds of bikes rolling into, or out of town, en masse, makes for great mechanical theatre — lots of flashy visuals, amazing soundtrack.

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TOP SAFETY PICK 2012

Titanium model shown

TOP SAFETY PICK 2012

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Delivery Allowance..........................$1,500

Total Eligible Price Adjustments...$2,780

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Offers exclude taxes

5.5L/100km 51MPG HWY^^

7.8L/100km 36MPG CITY^^

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WELL-EQUIPPED 2012 **FIESTA SE** HATCHBACK

NO MONEY DOWN

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Delivery Allowance...........................$1,750

Total Eligible Price Adjustments...$2,745

Share our Employee Price

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Offers exclude taxes

5.1L/100km 55MPG HWY^^

6.9L/100km 41MPG CITY^^

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Be sure to check road conditions before you head out on your journey. NEWS CANADA

There's nothing like the beautiful Canadian summer landscape to inspire a motorcycle trip on the open road. Before you head out to make memories on a cross-country journey, consider the following safety tips from TD Insurance:

Plan ahead
Following the open road is no doubt appealing, but choosing your route ahead of time will ensure a safer ride. Plan your time and distance, so at the end of the day you have a comfortable place to eat and stay. Be sure to check road conditions in advance — paved roads are safer than dirt roads.

Gear up
Make sure you and your bike are in peak condition. You'll be riding for long periods of time, so core muscle strength and a top performing bike are important. Also, make sure you have the proper attire for venturing from coast to coast. Bright colours will increase your visibility to other motorists, and proper motorcycle riding gear will protect you from debris.

Rest accordingly
Traffic and weather may steer you off course and add stress to your travels, so remember to allow ample time to reach your destination. Take a break along the way — you'll have a more enjoyable trip if you stop to smell the roses.

Check your insurance
Before you embark on your adventure, check your motorcycle and travel medical insurance policies to avoid any unwanted surprises. Remember that your province's health insurance plan may not cover you on out-of-province excursions even within Canada. Speak with your insurance provider to ensure your policy will provide adequate coverage regardless of your travel plans.

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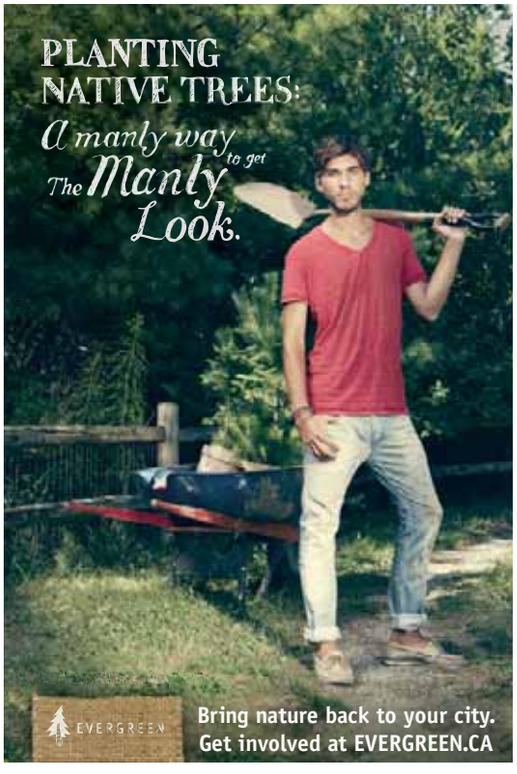

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Horoscopes

♈ Aries
March 21 - April 20
Temptation will come knocking today. Do you answer the door and let it in or do you call on all your powers of self-control and ignore it? Only you can decide, but consider this: Is enjoying yourself really a sin?

♉ Taurus
April 21 - May 21
You may find it hard to control your emotions today. Pluto, planet of extremes, will make you a bit touchy and maybe a bit jealous too. So, watch you don't go over the top and say something you'll later regret.

♊ Gemini
May 22 - June 21
Someone you work with seems determined to find fault with everything you do and it's getting you down. All you can do is sit tight and wait for him or her to get fed up with his or her carping.

♋ Cancer
June 22 - July 23
Close your ears to gossip because hardly any of what you hear today will be true. Someone is trying to poison your mind against a person you have known and trusted for years. Don't fall for it.

♌ Leo
July 24 - Aug. 23
Steer clear of a feud that is none of your business. If you get involved, it will make it appear you have taken sides. Before you know it, you'll be involved in a war of words no one can win.

♍ Virgo
Aug. 24 - Sept. 23
The more others say you need to make changes, the more you must resist. This is not the right time to throw everything up in the air. That applies as much to your personal life as it does to your career.

♎ Libra
Sept. 24 - Oct. 23
Something you have grown used to over the years will go out of your life today but that's good because it has been taking up more time and space than it deserves. Make room for new things.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be silly and make promises you might want to back out of later on. And don't use emotional blackmail to get what it is you most desire. What will you do if your bluff is called?

♐ Sagittarius
Nov. 23 - Dec. 21
Both at home and at work you should strive for a more relaxed and forgiving attitude today — not because others deserve to be forgiven but because it will be you who suffers most if you get uptight.

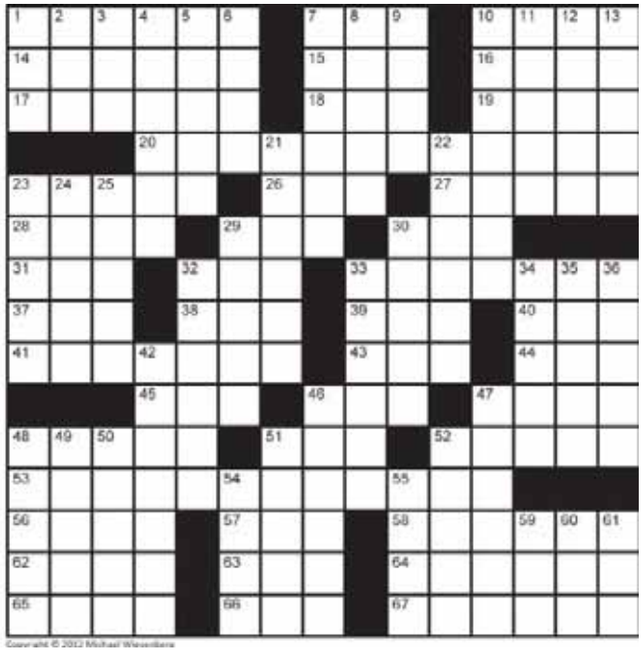
♑ Capricorn
Dec. 22 - Jan. 20
If things don't work out the way you plan today, chances are it's only a temporary setback. There's no need to panic. Have more patience with yourself and, most importantly, think long-term in everything you do.

♒ Aquarius
Jan. 21 - Feb 19
No matter how much others may say you should loosen the purse strings, you know it's the wrong thing to do. Luxury items must stay off your shopping list until such time as you can afford them.

♓ Pisces
Feb. 20 - March 20
Passions will be running high today, so think before you act both at home and at work. If someone in your family does not like the friends you hang out with come right out and ask them why. SALLY BROMPTON

Crossword: Canadianisms

BY MICHAEL WIESENBERG



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Across
1. "No, really?" in Newfoundland
7. Canadian name for US calls soda
10. Isl. S of Aus.
14. Antique photos
15. One in the East
16. Concept, in Québec
17. Bend an elbow
18. "Sprechen ___ Deutsch?"
19. Track event
20. Hooch on Prairies; in ON, mix of beer, vodka, lemonade
23. Noted lover
26. Majors in acting
27. "Oye como va, mi ___"
28. Hatchet man
29. Pub mate
30. "But ___ me a canny hour ...": Burns
31. Crude msmt.
32. Guar ___
33. Tykes' clothing chain
37. Internet giant
38. *7 Faces of Dr.* ___
39. ___ possidetis: as you possess, at law
40. "Achtung Baby" producer Brian
41. Double 12-pack of Molson's or Moosehead
43. *Star Trek* letters
44. Scotsman's wee drap-pie
45. Car safety feature
46. E-I fill
47. Car roof with removable panels
48. Stadium cousin
51. Dog's bark
52. Poseur
53. Coffee with 2 creams, 2 sugars at 10-Down
56. Bards strings
57. Chevys, Cads
58. Clectoral district: Canadian term
62. Green subj.
63. "Shoo!"
64. Fatigue cause
65. Nap
66. Sides in cricket
67. Swindled

Down
1. Fed. tax
2. Wu ___: tenet of taoism
3. PC program
4. RCA Victor dog
5. *Jungle Book* bear
6. 1914 Belgian battle line
7. Shoved
8. Cooling
9. Mackenzie tributary in YT and NT
10. Canada's quintessential fast food place, familiarly
11. "We owe you ___ of gratitude"
12. "Call 'em as I ___"
13. Montréal's underground
21. Hue and cry
22. Containing a certain precious element
23. Morocco capital
24. *The* ___ *Incident*: 1943 Western
25. ___ Yello soft drink
29. Hawaiian fests
30. Men's briefs, on the Prairies
32. ___ warming
33. Chinese self-defense
34. Place to eat, in PQ
35. Workers' group
36. Overly sentimental
42. Part of car's cooling system
46. What Canadians expect by late summer
47. PQ corner, variety, or convenience store
48. Holmes's adversary Irene
49. Rolls partner
50. Italian money
51. Sys ___: IT VIP
52. Either of two noted Roman authors
54. Frozen waffles
55. Boast
59. Baby-sitter's headache
60. Never: Ger.
61. Flit about

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3					7		2	
			4	2			9	
	8		6					1
	6	8		4				
1			3		6			4
				9		5	7	
4					9		5	
	3			1	5			
	5		2					8

Yesterday's Sudoku

1	8	5	2	7	3	9	4	6
4	9	2	1	6	5	8	7	3
6	7	3	9	8	4	1	5	2
2	1	4	6	9	8	7	3	5
8	6	7	3	5	1	2	9	4
5	3	9	7	4	2	6	8	1
7	4	8	5	1	6	3	2	9
9	2	1	4	3	7	5	6	8
3	5	6	8	2	9	4	1	7

Today 27°/12° Partly cloudy
Thursday 26°/14° Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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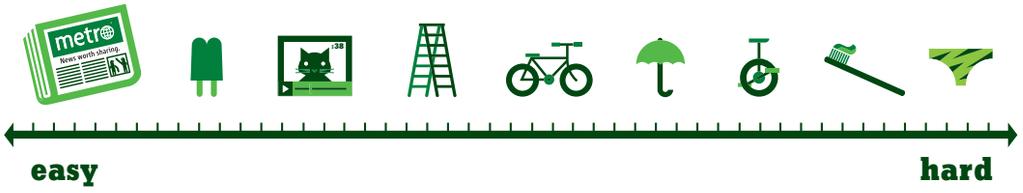
Sharability



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